

TUNING INTO YOUR HEART

Self-Development
Through Conscious Living

Parent and Caregiver Program

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4-Week Workshop Series Includes:

- Relaxation and meditation sessions
- Experience inner balance while juggling the demands of parenthood
- Develop increased empathy, tolerance and patience with your children and loved ones

Workshop may be taken online or in-person.

The “Tuning Into Your Heart: Self-Development Through Conscious Living” Parents and Caregivers Program presents an introductory Heartfulness workshop designed to help individuals find inner balance while managing the multiple demands of parenthood and caregiving. This self-paced program offers valuable insights and practical tips to foster increased empathy, tolerance and patience in relationships with children and loved ones.

The Heartfulness Program for Schools meets CASEL’s Promising Program designation for evidence-based programs, indicating that it can play an important role in a school’s approach to promoting social and emotional learning. [LEARN MORE](#)



WEEK 01 Stress to De-Stress

01

- Stress statistics
- Stress to de-stress
- Stress curve
- Guided relaxation and meditation

WEEK 02 Fostering Positivity

02

- Statistics on positivity
- Mind-mapping activity
- Positive mindsets
- Guided affirmations
- Breathing with awareness and purpose

WEEK 03 Circadian Rhythm

03

- What is a circadian rhythm?
 - What does it affect?
 - Why is it important?
- Circadian rhythm activity
- Guided rejuvenation

WEEK 04 Goal-Setting

04

- Self-reflection
- Attitude and mindsets
- Heartful communication
- Goal-setting
- Guided PEMS method:
 - Physical*
 - Emotional*
 - Mental and self-development*
 - Self-observation*

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What Is Heartfulness?

Heartfulness offers a means to tap into the heart's unlimited resources through a variety of simple and practical relaxation and inner-journey solutions. This can aid us in problem-solving and empower us to be the best we can possibly be in all aspects of our life. Heartfulness methods are practiced in more than 126 countries throughout the world, in schools, universities, corporations, communities and among individuals.

What Is Heartfulness Program for Schools?

Heartfulness Program for Schools is a program of workshops that teach simple and effective relaxation, affirmations and breathing techniques to help develop calmness from within for reduced stress and anxiety, improved focus and overall well-being. The programs range from a single workshop to a workshop series for a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers and coaches.

How Does Heartfulness Help in Schools?

In our school programs, participants become:

- More relaxed and calm
- Better integrated and equipped to have healthy relationships
- More positive and focused
- Healthier and more balanced
- More creative and productive

How Much Do Heartfulness Programs Cost?

Heartfulness Program for Schools is offered completely free of charge by Heartfulness Institute, a non-profit organization. Heartfulness programs are open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic background, academic ability or other demographics.



To learn more, visit
Heartfulnessinstitute.org

Tuning Into Your Heart



Heartfulness Program for Schools is for everyone in a school system, not just students. Its holistic approach considers the individual needs of all members of a harmonious school body.

- Conducted by trained and certified coaches
- Informational without competition or pressure
- Provides engaging activities that nourish compassion and acceptance
- Fosters confidence and improves mental clarity

To learn more about scheduling a Heartfulness program at your school, contact us at edu@Heartfulnessinstitute.org