

TUNING INTO YOUR HEART

Self-Development
Through Conscious Living

Train the Trainers Program

heartfulness
advancing | with kindness



8-Week Workshop Series

Each workshop session is 45 minutes to 1 hour and may be taken online or in-person.

The “Tuning Into Your Heart: Self-Development Through Conscious Living” Train the Trainers Program is an 8-hour immersive workshop that guides participants through three phases: Experience, Train and Engage. The program equips participants with practical tools and techniques aimed at fostering a calm and compassionate learning environment that help K-12 students unleash their full potential.

Participants can extend this training by becoming a coach, which will allow them to develop expertise and become empowered them to train others effectively, further propagating the invaluable skills and insights gained during the Train the Trainers Program.

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

Introduction to Heartfulness Relaxation and Meditation

- What is Heartfulness meditation?
- Why the HEART?
- Why should I meditate?
- How to practice relaxation and meditation
- Integrating Heartfulness meditation daily

WEEK 02

Reducing Stress

- Recap and shared experiences
- Meditation and relaxation for well-being
- Causes of stress
- Breathing with awareness and purpose
- Cultivating balance
- Guided relaxation and meditation

WEEK 03

Enhancing Focus

- Effortless focus
- Power of thought
- Deepening the experience of meditation
- Guided relaxation and meditation

WEEK 04

Building Joy

- Between stimulus and response
- Fostering positivity
- Joy and lightness
- Guided cleaning followed by self-observation
- Guided relaxation followed by meditation

Series descriptions continued on next page...

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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

Series Descriptions Continued

WEEK 05 Instilling Poise

- Becoming settled in your SELF
- De-stress the stress
- Heartful listening and communication
- Taking daily moments to connect
- Introduction to journal writing
- Using the PEMS method:
 - Physical*
 - Emotional,*
 - Mental and self-development*
 - Self-observation.*
- Practical tips to observe oneself
- Peer-to-peer guided relaxation

WEEK 06 Heartful Living

- Attitudes and values leading to excellence
- Heartfulness practice and attitudes
- Heartfulness affirmations
- Guided relaxation conducted by a participant followed by meditation

WEEK 07 Natural Cycles

- Importance of a good night's sleep
- Being in tune with natural cycles
- Digital detox and healthy eating
- Natural cycle heartful tips
- Guided rejuvenation conducted by a participant followed by meditation

WEEK 08 The Heartfulness Way

- Inner inspiration and creativity
- A vision for humanity
- Breathing with awareness of purpose
- Guided relaxation conducted by a participant followed by meditation and PEMS observation
- Collecting feedback from participants

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