



MBSR/MBCT & ECOAWARENESS WORKSHOP

- Target Audience: MBSR & MBCT TEACHERS
- Main Aim: Incorporate Earth Awareness into your practice, life and teaching
- Program: Six two-hour online sessions (1st is 2.5 hrs)
6-14 teachers per group
Practice plus study, reflection, dialogue
and curriculum considerations
- Link: <http://www.mbsr-ecoawareness.org/workshop.html>
- For more information, contact: Margaret Fletcher at info@mbsr-ecoawareness.org
- With thanks for the support of the [BESS Family Foundation](#)



ECO-AWARENESS WORKSHOP THEMES

Exploring in practice and in teaching:

- Establishing community
- Grounding in Earth awareness
- Exploring: How am I with the Polycrisis/Climate Emergency?
- Resourcing in nature connection
- Facing challenge, difficulty, anxiety, grief for our Earth
- Listening deeply to this Earth
- Building capacity and resilience
- Going forward

Note: All workshop sessions are recorded; qualitative data are made available to University of Lund-Sweden for study on best practices in teaching.