



Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.

“MMA’s approach to mindfulness and meditation is easy to understand and provides practical tools to make a real difference.”

3000+
PARTICIPANTS
TRAINED

We’ve made meaningful changes in workplace culture in businesses and organisations across Western Australia.



Featured in



Programs



Intro to Mindful Education

~~\$600~~ \$300 (Subsidised by half for schools)

Key Outcomes

- Defining mindfulness and meditation
- Understanding the science behind mindfulness and meditation
- Specific mindfulness and meditation techniques for use in the classroom
- An overview of Mindful Meditation Australia’s tools and resources

Benefits

- An understanding of the science behind stress, the brain and self-regulation
- A strong foundation to begin implementing mindfulness practices in the classroom
- Cost-effective and efficient



Mindful Education

~~\$5200~~ \$2600 (Subsidised by half for schools)

Key Outcomes

- An introduction to the science and practice of mindfulness and meditation
- Mindfulness techniques, activities and tools for use in the classroom
- Create a unique mindfulness and meditation plan for your teaching environment
- Access to Mindful Meditation Australia’s research-backed comprehensive curriculum

Benefits

- A deep understanding of how and why meditation works in the brain
- Experience a variety of meditation practices
- Cultivate mindfulness throughout an organisation, and devise strategies to suit your unique classroom
- Highly actionable and practical professional development



Tailored Whole School Approach

\$4000-\$8000 (Price on Application)

Key Outcomes

- Review of the school’s current well-being approach and capacity to implement
- Planning for a whole school approach to mindfulness based on the school’s needs
- Comprehensive training for the Leadership Team
- Whole-staff training
- Supported implementation and ongoing coaching.

Benefits

- In addition to all the benefits of Mindful Education:
- A unique and comprehensive mindfulness restructuring to revolutionise your school’s day-to-day processes
- A high impact and lasting intervention to improve the wellbeing and mental health of students and staff.



Gwynne Park Primary was passionate about implementing mindfulness throughout their whole school and was one of MMA's first schools to deliver our research recommended Whole School Approach.

MMA worked closely with Gwynne Park Primary's leadership team to develop a unique strategy that fit their unique environment, including a challenging demographic.

MMA trained Gwynne Park Primary's teachers, administration and support staff in our approach and in using our curriculum to integrate consistent mindfulness and meditation practices throughout the school.

When needed, students enjoy short meditations in the morning, after recess and after lunch. Gwynne Park Primary also has a dedicated meditation room and regularly holds whole school meditations at assemblies.

Gwynne Park Primary



Program:
Mindful Education

Date:
Starting 2017

Location:
Armadale, WA

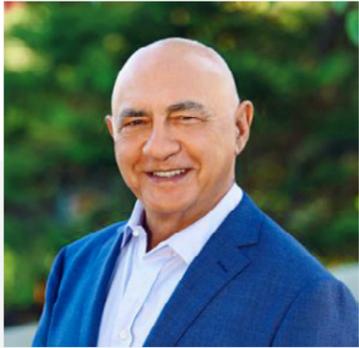
[▶ PLAY VIDEO](#)



“Mindful Meditation Australia’s curriculum is very hands on, science based and easy to implement into your classroom and your school”.

Julie Bolingbroke - Deputy Principal

Who we are



Kerry Harmanis
Founder



Dr Neale Fong
Board Member



Trent Falkner
Board Member



Karen Gadsby
Board Member



Brayden Zeer
General Manager



Dr Stacey Waters
[Researcher](#)

MMA is a not for profit organisation established by **Kerry Harmanis**.

Kerry founded MMA to provide an opportunity for others to experience the benefits that he himself has gained, personally and professionally, from mindfulness and meditation.

We understand that mindfulness and related practices help develop self-awareness, compassion and care

which makes a difference not only to individuals but our broader community.

By teaching simple, evidence-based mindfulness and meditation practices to schools, workplaces and families, we intend to improve the happiness and well-being of our Australian community.

Start creating a mindful school.

Get in touch with us today to discuss the perfect mindfulness and meditation approach to suit you and your team.



Give us a call on:
08 6249 0175



Send us an email at:
info@mindfulmeditationaustralia.org.au

Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.



Mindful Families

Develop your own mindfulness plan to support loving and caring relationships, better communication, healthy boundaries, and collective ownership of the home environment.

Mindful Workplaces

Inspire a workplace where employees experience improved job performance, relationships and personal well-being.



Mindful
Meditation
Australia

P: 08 6249 0175

E: info@mindfulmeditationaustralia.org.au

mindfulmeditationaustralia.org.au