

DATE

Dear SCHOOL Teaching Staff,

A new school initiative

This letter is to inform you that we will be taking part in mindfulness and meditation training with a not-for-profit, non-religious organisation called Mindful Meditation Australia (MMA) to learn how mindfulness can support our school culture.

What is mindfulness?

Mindfulness is the mental skill of attention. To be mindful means to pay attention, or to focus, or to hold something in mind. Mindfulness is a shift from automatic, reactive thought to conscious, directed thought. It implies seeing things clearly and accurately, which usually leads to a better outcome.

The proven benefits from participating in mindfulness includes:

Decreased

- Anxiety;
- Stress;
- Depression;
- Exhaustion; and irritability.

Studies also show:

- Memory improves;
- Reaction times become faster; and
- Mental & physical stamina increase.

Details

Our school will be taking part in MMA's TRAINING TYPE

- From TIME on DATE at LOCATION.
- SITE LOGISTICS

This training will Insert training outcomes

If you have any questions please contact School contact or Brayden Zeer, MMA Manager at, inof@mindfulmeditationaustralia.org.au

You can find out about MMA at: www.mindfulmeditationaustralia.org.au

Warm regards,

YOUR NAME