

Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self

Florence, October 8-13 2018

"Gaining a new experience is like throwing your heart beyond the horizon" – in this sense we started our adventure and travelled to Florence. Throughout one week, from 2 to 7 pm each day, we participated in "Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self" at Europass Teacher Academy, Via Sant Egidio 12, 50122 Firenze.



Day 1, Monday, October 8, 2018

Excited by our picturesque walk to Europass teacher academy we arrived at our place of study near the beautiful dome. Barbara Livolsi, the head trainer, welcomed us warmly to our course. After a short introduction of each participant, Davide Bassano, psychologist and therapist, delivered a presentation on mindfulness and how to include its principles into yoga practice. After that, Barbara, our main yoga instructor, introduced us into the world of mindful breathing, relaxation and Yin yoga.



Day 2, Tuesday, October 9, 2018

Giulia, another yoga instructor, introduced to Yang yoga, a more active form of yoga. At the same time we could apply our breathing techniques we had learned the day before. Later, we were invited to a meditative experience. After a short break, we had another, pretty exhaustive, yoga session with Barbara.



Day 3, Wednesday, October 10, 2018

Today we practiced how to apply yoga and breathing techniques in a playful way with children and teens.



Day 4, Thursday, October 11, 2018

Having practised new and complex yoga exercises with Sarah, an American instructor, we talked about non-violent communication skills taking into consideration feelings, needs and empathetic listening. Again we closed the day with a variety of Yin yoga with Barbara.



Day 5, Friday, October 12, 2018

Davide Bassano presented the Gaia Project, a study carried out by an Italian university, to us. The project aims at reducing stress levels and aggressive behaviour amongst school children and teens with the aid of yoga. Following the presentation practised mindfulness exercises with us. Eventually, we had a final Yin yoga session including the walls of the room. At the end of the day, all participants got their certificates and then it was time to say good bye.



Day 6, Friday, October 13, 2018

Additional to our course, we had the special option to join a day trip to beautiful Tuscany. Together with other participants of the teacher academy and international tourists we went to San Gimignano, Siena, the Chianti region and visited the fortress of Monteriggioni.

Despite a partly exhausting week, we enjoyed our adventure a lot. We were inspired by fundamental ideas of yoga and are open to have them influence our daily lives and work.

Written by

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