

MINDFULNESS

Malaga, 24th – 28th June 2024

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As part of the structured courses for the Centre's staff, we attended a Mindfulness course in Malaga, Spain.

We were joined by participants from Poland, Croatia and Sweden. Together we faced a range of emotional states, different reactions to positive and negative stimuli and ways of expressing and overcoming stress, anxiety or anger.

The aim of the course was to provide the participant with the necessary tools that can be gradually and naturally integrated into our daily lives, helping us to know ourselves better, to live a fuller life, to increase creativity and concentration, and to live more mindfully.

We learned about tools to develop teaching and communication skills, better process information, improve students' concentration, manage emotions, reduce anxiety and fatigue, build self-confidence, increase empathy, and strengthen social skills.

We learnt about all the tools through practical, experiential examples. We did different exercises of mindfulness, relaxation, conscious and unconscious movement, and expressing emotions, we learnt different breathing techniques and sound meditations.

We are grateful and pleased to have had the opportunity to participate in the Erasmus+ programme. This type of training allows us to acquire new skills, exchange experiences with colleagues from other countries, and expand our social network.



Photo 1, 2, 3: Some photo highlights from the training