Heartful Ambassador Program
'Tuning into your Heart: Self-Development through Conscious Living'

What is Heartfulness?
Heartfulness is a simple and practical way to experience the heart’s unlimited resources. The Heartfulness Institute offers workshops to help learn simple and effective relaxation, affirmations, and breathing techniques that help develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.

How does this help the school?
Students are: More relaxed and calm  Better integrated, and have improved relationships  Positive and focused  Healthier, more creative and productive learning environment
How do you learn this?

The Heartfulness program includes relaxation, affirmations and breathing techniques that are simple and practical exercises designed to nurture individual wellbeing and balanced living. This involves being seated comfortably in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by Heartfulness trainers.

How to integrate this in the school?

The practice can be easily integrated into a daily routine without any disruption. It is open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics. The Heartfulness program ranges from a single workshop to a series of workshops, providing a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers.

Heartfulness Institute offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The programs are offered free of charge by Heartfulness trainers. There is no cost for the practice at any stage or any other commercial interest.

Heartful Ambassador Program

The section below provides the high level structure of an introductory Heartfulness workshop. We can also offer teacher training through inperson workshops to help the school self-sustain and integrate the program into their regular schedule.
Heartful Ambassador Program
Class length: 2 hours

An Introduction to Heartfulness Program for Schools (HPS)

What is HPS?  I  What are the various offering of HPS?  I  HPS approach to Social-Emotional Learning  I  Mission and Vision of HPS

HPS Research and Action Plan

Current research on HPS  I  How do I create an action plan to approach schools?  I  Ambassador Strategy Overview  I  Connect and Volunteer

heartfulness
advancing with kindness

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