



**SOUTH CENTRAL
COAST REGIONAL
CONSORTIUM**
WWW.SCCRCOLLEGES.ORG

Mind full
or
Mindful

MINDFULNESS FOR CTE EDUCATORS

Supporting our community of CTE Educators is critical for student success. Join us for weekly professional development to discover a variety of Mindfulness tools that encourage your well-being in the classroom. Learn skills for reflective practices, stress management, and understanding student perspective.

OUR AWESOME FACILITATOR:



ALEXIS SHAHIN

MINDFULNESS &
MEDITATION COACH

www.havelovewillyyoga.com

Alexis Shahin is a certified yoga teacher, certified meditation and mindfulness teacher, author and entrepreneur. She specializes in supporting professionals using holistic methods for reducing life's everyday stress and anxiety.

**WEDNESDAYS
STARTING MAY 17, 2023
6:30PM - 7:30PM
VIA ZOOM**

REGISTER BELOW:

CLICK HERE

