



Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.

“MMA’s approach to mindfulness and meditation is easy to understand and provides practical tools to make a real difference.”

3000+
PARTICIPANTS
TRAINED

We’ve made meaningful changes in workplace culture in businesses and organisations across Western Australia.



Featured in



Programs



Intro to Mindful Education

~~\$600~~ \$300 (Subsidised by half for schools)

Key Outcomes

- Define mindfulness and meditation
- Understand the science behind mindfulness and meditation
- Experience an overview of MMA's tools and resources
- Experience meditation practices appropriate for the classroom

Benefits

- An understanding of the science behind stress, the brain and self regulation
- Cost effective and practical workshop



Mindful Education (Full Day)

~~\$6000~~ \$3000 (Subsidised by half for schools)

Key Outcomes

- Create a tailored whole-school approach to mindfulness and meditation, based on your unique school culture
- Whole-staff training, with additional focused training for the leadership team
- Access to MMA's research-backed comprehensive curriculum and ongoing support
- Access to MMA's curriculum and age appropriate student meditations for all staff

Benefits

- A deep understanding of how and why meditation works in the brain
- A high impact and lasting intervention to improve the wellbeing and mental health of students and staff
- Highly actionable and practical professional development



Recommended Additions

- Mindful Families workshops hosted at your school for parents \$600
- Training days for new staff and refresher workshops \$600
- Research evaluation of your program designed by the University of Western Australia and MMA \$1500



Gwynne Park Primary



Program:
Mindful Education

Date:
Starting 2017

Location:
Armadale, WA

[▶ PLAY VIDEO](#)



Gwynne Park Primary was passionate about implementing mindfulness throughout their whole school and was one of MMA's first schools to deliver our research recommended Whole School Approach.

MMA worked closely with Gwynne Park Primary's leadership team to develop a unique strategy that fit their unique environment, including a challenging demographic.

MMA trained Gwynne Park Primary's teachers, administration and support staff in our approach and in using our curriculum to integrate consistent mindfulness and meditation practices throughout the school.

When needed, students enjoy short meditations in the morning, after recess and after lunch. Gwynne Park Primary also has a dedicated meditation room and regularly holds whole school meditations at assemblies.



"Mindful Meditation Australia's curriculum is very hands on, science based and easy to implement into your classroom and your school".

Julie Bolingbroke - Deputy Principal

Who we are



Kerry Harmanis
Founder



Dr Neale Fong
Board Member



Trent Falkner
Board Member



Karen Gadsby
Board Member



Brayden Zeer
General Manager



Dr Stacey Waters
[External Researcher](#)

MMA is a not for profit organisation established by **Kerry Harmanis**.

Kerry founded MMA to provide an opportunity for others to experience the benefits that he himself has gained, personally and professionally, from mindfulness and meditation.

We understand that mindfulness and related practices help develop self-awareness, compassion and care

which makes a difference not only to individuals but our broader community.

By teaching simple, evidence-based mindfulness and meditation practices to schools, workplaces and families, we intend to improve the happiness and well-being of our Australian community.

Start creating a mindful school.

Get in touch with us today to discuss the perfect mindfulness and meditation approach to suit you and your team.



Give us a call on:
08 6249 0175



Send us an email at:
info@mindfulmeditationaustralia.org.au

Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.



Mindful Families

Develop your own mindfulness plan to support loving and caring relationships, better communication, healthy boundaries, and collective ownership of the home environment.

Mindful Workplaces

Inspire a workplace where employees experience improved job performance, relationships and personal well-being.



Mindful
Meditation
Australia

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