

MINDFULNESS FOR HIGH SCHOOLS

34% of high school students indicate a moderate to serious level of psychological distress. Mindfulness is proven to help students develop positive mental health, as well as increase their capacity for learning and resiliency.



MINDFUL MOVEMENT

35 interactive videos to choose from with amazing music that will keep students and teachers engaged, motivated and most importantly active.

SCIENTIFICALLY
PROVEN



MINDFULNESS RECORDINGS

35 guided mindfulness practices that are proven to reduce stress and enhance student's learning, memory, self awareness and empathy. Anthony has over 10 years of experience designing mindfulness programming for schools in Canada.



SIMPLY HIT PLAY

Content can be shared with teachers and students as files on google drive. It can also be embedded into a PDF which can be distributed. Practices are suitable for students and teachers.

CONTENT PRICING

Individual School Pricing: Purchase to own, school wide distribution, unlimited usage.

\$125/ practice, or \$5,000 for all content.

To purchase, or preview content contact:

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