ERASMUS+ KA1 · TEACHER TRAINING COURSE

Yoga, Mindfulness & Wellbeing in Education

6 Days • Heraklion, Crete • OID: E10020547

About the course

Teaching is one of the most demanding professions, and teacher wellbeing directly shapes the classroom climate. This practical course gives educators simple yoga, breathing and mindfulness practices to manage their own stress and to create calmer, more focused classrooms.

Sessions take place outdoors, on the beaches and in the nature of Crete, led by an experienced yoga instructor. Participants practise first for themselves, then turn the practices into short classroom routines, brain breaks and calm transitions, and leave with a ready-to-use toolkit for their learners.

Course at a glance

Duration: 6 training days

Location: ErasmusLearn Training Center, Heraklion, Crete

Language: English (B1 or higher recommended)

Who it's for: Preschool, primary, secondary, VET and adult teachers, trainers, PE staff

Level: Introductory, no yoga or mindfulness experience needed

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10020547

What you will learn

- Recognise the signs of teacher stress and burnout
- Use breathing techniques for calm and self-regulation
- Practise gentle yoga with chair and mat options
- Bring simple mindfulness practices into the school day
- Lead 3–5 minute brain breaks and calm classroom routines
- Use yoga games and stories with younger learners
- Adapt practices for different ages, spaces and needs
- Build a personal and classroom wellbeing toolkit

How you will learn

Daily guided yoga and mindfulness sessions outdoors, on the beach and in nature, short presentations, hands-on workshops, peer practice and group reflection. Participants try every practice themselves first, then design and lead short activities for their own learners. Materials: practice cards, a classroom routine toolkit, chairs and mats.

Course language

English. B1 level or higher is recommended. Practices are demonstrated step by step, so everyone can follow and take part with confidence.

What's included

- Coffee Breaks that include traditional products.
- Guided tour of the Historical Center of the town.
- Dinner in a traditional restaurant in the town.
- Europass Mobility.
- A small gift with traditional Cretan products.
- Certificate of Attendance, for participants who attend at least 80% of the course.

Course Agenda

DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

DAY 2 · Creating Resilient School Communities

- Expectations and personal learning goals
- Understanding students' needs: diversity, equity and inclusion
- Creating and sustaining high-quality connections at school

DAY 3 · Wellbeing Starts with the Teacher

- Teacher stress and burnout: recognising the signs
- Breathing techniques for calm and self-regulation
- First yoga practice with chair and mat options
- Simple daily self-care routines for teachers
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

DAY 4 · Mindfulness & Yoga in the Classroom

- Mindfulness in schools: a secular, practical approach
- Body scan, mindful listening and attention practices
- Chair yoga and 3–5 minute brain breaks
- Calm routines for transitions, tests and after breaks

DAY 5 · Yoga by the Sea & in Nature

- Outdoor yoga session on the beach
- Mindful walking and sensory awareness in nature
- Relaxation and guided imagery for all ages
- Yoga games and stories for younger learners

DAY 6 · Your Mindful Classroom Toolkit

- Adapting practices for ages, spaces and special needs
- Designing and leading your own 5-minute routines
- Planning a whole-school wellbeing routine
- Erasmus+: objectives, priorities, actions, budget and tips for applicants
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificates

ErasmusLearn

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Ready to join? Book your place at www.erasmuslearn.eu

erasmuslearn@gmail.com

+30.2810-312123