

PREPARE TO THRIVE

W E L L B E I N G

F O R T E A C H E R S

S E P 1 0 2 0 1 8

9 A M - N O O N

MINDFULNESS | HEALTHY HABITS | REFLECTIVE
PRACTICE | RESILIENCE | PREPARE | RESTORE

TO SIGN UP , CONTACT ROBIN LILLY AT UTEACHME2@GMAIL.COM

CULTIVATE **YOUR** WELLBEING

As a TEACHER, you are (almost by definition) a GIVER: time, attention, love, energy, feedback, resources, care, & more are spent enriching the lives of those you teach.

Think about your last school year: How much of that time, energy, and CARE did you give yourself?

Would you like to give yourself more care and ENERGY?

GIVE yourself some TIME to build resilience and prepare to surf the coming waves of the school year. Join Robin Lilly in a retreat-style workshop designed to help you cultivate new habits. EQUIP yourself with more tools to replenish and restore so you may continue to give your best.

In this introductory, interactive 3-hour workshop, learn more about how to incorporate increased MINDFULNESS, breath-work, reflection, GRATITUDE, & light physical EXERCISE into your daily life.

With deeper understanding, you will be able to help your STUDENTS cultivate the same for their WELLBEING.

WHEN | MONDAY, SEPTEMBER 10, 10 AM - 1 PM

WHERE | ROBIN LILLY'S HOME IN MOORPARK

WEAR | COMFORTABLE CLOTHES

COST | YOU CHOOSE \$30, \$45, \$60 OR WHAT YOU CAN

HOW TO REGISTER | EMAIL UTEACHME2@GMAIL

OR VIA [GOOGLE FORMS\(CLICK HERE\)](#) OR

VISIT [HTTPS://GOO.GL/FORMS/LBGCJO9C7JEWTVMD2](https://goo.gl/forms/LBGCJO9C7JEWTVMD2)

QUESTIONS? TEXT OR CALL ROBIN AT (805)908-2790

Remember: "Self-care is not selfish...you cannot serve from an empty vessel."

- Eleanor Brown