

A summer CPD course with
YOGA and NATURE WALKS!

DES-approved for EPVs



Natural Connections

- Lower stress and nurture calm engagement among your pupils.
- Reconnect with nature to awaken your senses.
- Practice yoga-based mindful movement, adapted for the classroom.
- Discuss challenges like social media and dealing with bureaucracy.
- Natural Connections helps teachers cultivate life skills in their students, in line with SPHE guidelines.

July 1-5 or August 19-23, 9am - 1pm

Ballin Temple, Ardattin, Co. Carlow

Book Now: [Astraea.net/shop](https://www.astraea.net/shop)

Only €99 *Early Bird Discount to April 30*

info@astraea.net

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