



CGAi



Foreign
Languages
Institutional
Program

MMELT 2024

MINDFULMINDS

ELT WELLNESS RETREAT

- ✓ Outdoors Yoga
- ✓ Mindfulness workshop
- ✓ Relaxation for learning
- ✓ Networking

Are you an English teacher?
Give yourself a break and join a
Friday of relaxation and learning!
Transportation and food provided!

FRIDAY
APRIL 12TH
2024
Chapala Jal.

EVENT PROGRAM



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The Montecarlo Hotel - April 12th 2024

07:00 - 07:45 hrs

Transportation from the UDG administrative building to The Montecarlo Hotel.

Outdoors Area

07:45 - 08:15 hrs

Registration, group picture and FLIP kit pick up (yoga mat, cap, towel).

08:15 - 08:30 hrs

Opening – Mtra. Andrea Gonzalez, Head of the Language Unit of the CGAI.

08:30 - 09:30 hrs

Outdoors Yoga with Azhareel Sierra.

09:30 - 10:00 hrs

Coffee Break

Room 1

10:00 - 10:50 hrs

Mindfulness fundamentals with Dr. Abdel Jacobo Vázquez.



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The Montecarlo Hotel - April 12th 2024

Outdoors Area

11:00 - 11:50 hrs

Mindfulness workshop with Dr. Abdel Jacobo Vázquez.

11:50 - 12:00 Break

Room 1

12:00 - 12:50 hrs

Self-awareness workshop with MacMillan Education.

Outdoors Area

12:50 - 13:10 hrs

Gratitude & Grounding - Closure with Azhareel Sierra.

13:10 - 14:00 hrs

Networking session and meal.

15:00 - 16:00 hrs

Transportation from The Montecarlo Hotel to the UDG administrative building.



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The Montecarlo Hotel - April 12th 2024

General Recommendations:

- These workshops are aimed to your professional and personal growth and relaxation, thus, extra people or pets will not be allowed into the event.
- Wear comfortable clothes and shoes, you will be provided a yoga mat, but you may want to carry a small blanket or cushion for your comfort.
- You do not need prior experience with Yoga.
- If you have any medical / physical condition please inform your instructor beforehand to maximize your experience.
- Bring sun block and a bottle of water to keep yourself hydrated.



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Restorative Yoga

Azhareel Sierra



Goal:

To provide practitioners with a space for relaxation, inner connection, and to promote an overall sense of physical and mental well-being.

The practice of Restorative Yoga focuses on deep relaxation and the restoration of mind- body balance. Gentle and comfortable poses are held for extended periods.

The proposal includes a set of fifteen poses, offering variety and an opportunity to work on different parts of the body. This also allows practitioners to explore various forms of relaxation and muscle release along with guided breathing.



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Gratitude & Grounding

Azhareel Sierra



Goal:

The session is designed to nurture gratitude and cultivate grounding, incorporating significant elements of Metta Bhavana meditation and a reflective writing exercise. During both practices, participants will be guided to explore deep gratitude, both towards themselves and the world around them.

In Metta Bhavana meditation, also known as the practice of unconditional love, participants are invited to direct their gratitude towards various aspects of their lives.

Additionally, the session will include a writing exercise where participants will immerse themselves in expressing their gratitude in a more tangible way.

Each participant will have the opportunity to honor and thank anything that inspires them or individuals who have left a positive impact on their lives.



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Mindfulness as an emotional tool for teaching & learning in Higher Education.



Dr. Alfredo Abdel Jacobo Vázquez

Goal:

To provide a mindfulness experience to relax and apply it in the language classroom.

The following topics will be addressed:

- What is mindfulness?
- Mindfulness and its benefits.
- 6 steps towards mindfulness awareness.
- Mindfulness and emotional management in the teacher and the student.
- Benefits of mindfulness practice in the teaching-learning process.
- Mindfulness strategies in the high school classroom.

There will be relaxation and meditation practice for teachers, therefore, they can apply it to their teaching practice.



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Self - awareness

Lic. Edgar Sánchez
Macmillan Education



Goal:

Throughout this workshop a different setting of techniques based on self-learning strategies will be revised. In addition, the current trends of positive psychology will be analyzed.

A brief series of activities will be performed helping teachers to acknowledge the complexity of performing tasks which help students become self-confident and at the same time bring down obstacles interfering on their classroom performance.





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Meet the experts!



Azhareel Sierra

Azhareel Sierra has training in Yoga from TANZHAUS, from Dusseldorf, Germany. A certification in the Somatic Movement process from the Body Mind Movement Center in Mexico and a diploma in Anatomy for Movement at Espacio Tres Cero Tres in Mexico City*, where she had the opportunity to study with physiotherapists, specialists in muscle chains, Cecilia López Franco and Andrea Valdez. This deep knowledge of human anatomy has enriched the focus of its teaching and practice, as well as injury prevention.



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Meet the experts!



Dr. Abdel Jacobo

A highly experienced educator with 23 years of teaching and 4 years of school leadership roles.

Avid researcher and writer who has contributing to academic discourse and Universities as coordinator of Language Programs. He has completed over 1200 hours of professional development in various educational areas. Holding certifications in instructional design and Cambridge. He is an expert in educational technology. His dedication to staying updated with the latest trends underscores his commitment to excellence has taken him to work for the British Council since 2017. His passion for education and wealth of experience make him a valuable asset in the field English Language Teaching.



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Wellness Retreat 2024



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