

## **Making Sense of Mindfulness (School Edition) by Keith Macpherson**

Mindfulness trainer and Life Coach, Keith Macpherson (B Ed) has created a series of mindfulness videos for students to integrate mindfulness practices into their daily lives. In this series of videos, students will discover new strategies and practices to assist them with alleviating stress and anxiety. The videos have also been designed to improve over-all mental health and well-being.

Keith Macpherson is best known for his best-selling book, Making Sense of Mindfulness and his daily positive intentions on social media. He is a Certified Professional Co-Active Life Coach with The Co-Active Training Institute, a professional certified yoga instructor and also a well-known keynote speaker and facilitator on the topic of mindfulness.

To access this free video series, please visit  
<http://www.heartsandmindsschools.com/mindfulness>

# Making Sense of Mindfulness (The School Edition)

