



eamba

EUROPEAN ASSOCIATIONS
FOR MINDFULNESS

Do you wish to
connect as teacher?

eamba
is here to help.

Offering a Community of
MBP-Teachers.
Practice. Intersession. Retreats.
Festivals. Learning Platform.

Connect with eamba:
<https://www.eamba.net/>
info@eamba.net



We are representing the eamba Board at ICM:24 Let's meet & engage



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Where to join important conversations concerning teaching?
At eamba - Associations for Mindfulness-Based Approaches!

eamba

Associations for Mindfulness-based
Approaches

eamba supports the **professional teaching** of mindfulness

Teaching mindfulness practices is a profession

eamba supports the professional teaching of mindfulness:

- > Teachers who are certified
- > Associations supporting teachers locally

Because ...

The odds of a student to commit to a steadfast mindfulness practice are greater when having been taught by a teachers who embody mindfulness,
e.g. indicated by acting beyond Level 3 on the MBI:TAC.

eamba Mission & Vision

Talking about mindfulness, we mean
> evidence-based secular mindfulness programs like MBSR< MBCT,
and beyond.... (examples... MBCL, MBPM, MBCP, MBRP, MBHP,

Vision: to develop mindfulness and compassion in European societies in all their diversity in order to contribute to more sustainable inner and outer worlds.

Mission: to be the Association connecting, inspiring and inviting those who are contributing to the development of more mindful and compassionate societies.

Aiming to contribute to nourish diversity in the offering by a variety of teachers to a variety of populations and context, recognizing the wider applications.

.
Always encouraging the integrity and depth of mindfulness, we are available to help people manage confusion about the magnitude of offerings.

Professional mindfulness teachers keep learning in community

Professional teachers engage in mindfulness communities for

- > practicing peer reflection
- > learning from supervision
- > continuously nourishing their capacity and getting inspired by various applications

eamba supports these local mindfulness communities, aka teacher associations

- > embodying the practice
- > collaborating
- > exchanging insights and information (examples from activities & offerings >> Exchange, Marketing training, .How to get access? Groups.

eamba connects 37 Mindfulness Teacher Associations

> in Europe and beyond

> connecting mindfulness Teachers - variety of mindfulness-based interventions, inclusive of MBSR, MBCT, and beyond.....

> mindfulness Teachers offering their services in formal and informal contexts, like health care, schools & educational institutes, work places, governmental institutes, rehabilitation centres, prisons, museums, research centres, and beyond....

Connecting leads to support & collaboration

eamba Members behave as colleagues across regional and national borders

- > exchanging information, e.g. research, effective ways of reaching people, and beyond
- > sharing generously, e.g. active help set up a project and use a program developed in one country to benefit populations in another country, e.g. schools, cities, and beyond
- > cooperating to organise webinars / conferences, where members or other experts share their knowledge and insights
- > coming together in retreats to deepen one's practice and to network

Innovating to liberate Teachers from non-teaching tasks

eamba Associations understand the passion of Teachers and their displeasures

#1 Teaching and supporting students

All other tasks are distractions:

- > Administration
- > Marketing and finding clients/ participants
- > Event organisation
- > Organising resources for clients/ participants
- > and beyond

eamba aims to evaluate, select, furnish access to digital tools

- user friendly and easy to use for Teachers
- alleviating Teachers from distracting tasks
- getting things done well that are not a the core of Teaching

Let's connect!

What do you need as a teacher?

What role might eamba play in your future or that of your association?

What kind of collaboration would be fruitful?

Engage with eamba on social media or via info@eamba.net

<https://www.linkedin.com/in/eamba/>

<https://www.youtube.com/channel/UCqslm3FSkz4KqFx5cd-bLLQ/playlists>





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