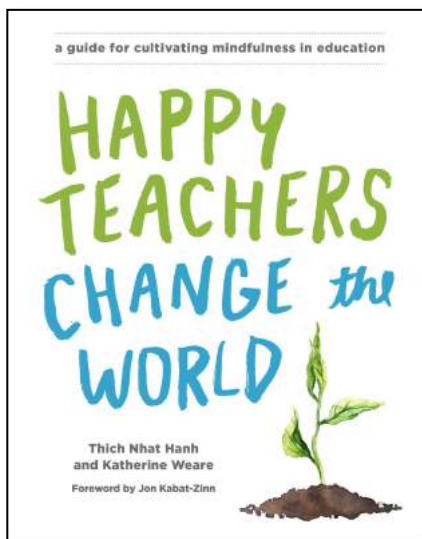


Happy Teachers Change the World: *Planting Seeds of Love, Peace and Happiness*

“You cannot transmit wisdom and insight to another person. The seed is already there. A good teacher touches the seed, allowing it to wake up, to sprout, and to grow.”

— Thich Nhat Hanh

The Happy Teachers Change the World Workshop is tailored for teachers to have a taste of how to improve physical and mental wellbeing through practicing mindfulness based on the Plum Village tradition founded by Zen Master Thich Nhat Nanh. An introduction of Manifestation Only Psychology would be offered to help teachers understand how to mindfully plant the seeds of love, peace and happiness in themselves and students in everyday school life.



A mindfulness workshop with the teachers of English Schools Foundation

