



Meditation with Children Project

Application Form

Schools, parishes and youth groups are invited to introduce the practice of meditation with children.

Primary Schools: We encourage primary schools to give serious consideration to introducing the practice on a whole-school basis across the school. To that end primary schools are invited to join our pilot programme. All schools in the pilot programme will be offered a two-hour workshop/in-service session which will explain clearly what is involved and how simple and cost-free the process is. We will also engage the staff in a discussion on the feasibility of introducing the practice to their school for the pilot programme. If you think your school would like to be part of the pilot programme, please complete the details below:

Name of School: _____ School Roll No: _____

Address: _____ Phone No.: _____

Nearest town (if not an urban area): _____ Diocese: _____

No. Teachers: _____ SNA's _____ No. for In-service: _____ No. of Students: _____

When do you normally have your Croke Park Hours (Day and Start-time): _____

If you wish to suggest a date for the in-service, please give day, date and time: _____

Name of Principal: _____ Mobile Number: _____

Principal's e-mail: _____ School e-mail: _____

Contact person for this project: _____

Contact person's e-mail: _____ Mobile Number: _____

Please indicate how you heard about this project: _____

I wish to apply to have our school registered for the pilot-project, subject to ratification by the full staff & board in due course.

Signed: _____ Dated: _____

Please e-mail the completed form to meditationandchildren@gmail.com or post to Noel Keating, 4 The Glade, Oak Park Road, Carlow

Second Level & Youth Organisations: We understand that, because of time-tabling considerations, it may not be possible to introduce the practice on a whole-school basis at second-level. We will be very pleased if you will keep in touch with us through meditationandchildren@gmail.com and let us know how your plans are progressing. We will offer whatever support we can to second-level schools & youth groups. We may be able to arrange for an experienced meditator to visit you and we may be able to arrange occasional cluster in-service and cluster groups for peer-support.