

Mindfulness: Foundation for Teaching and Learning
Cambridge, MA

Daniel Siegel Keynote Address

From Me to We: A New Look at Resilience and Well-Being

Friday, March 19, 2010, 7:30 pm – 9:00 pm

Massachusetts Institute of Technology – Kresge Auditorium

Cost: \$35 (includes Dr. Siegel's new book *Mindsight: The New Science of Personal Transformation*, Bantam, 2009)

Dr. Siegel, clinical psychiatrist, researcher, writer, and award-winning educator, will speak about the reflective skills of mindsight and the role their cultivation plays in activating brain circuits that underlie resilience, well-being, empathy, and compassion.

Sponsors: *Dalai Lama Center for Ethics and Transformative Values, Lesley University*

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Conference for Educators, Counselors, and Administrators

Saturday, March 20, 2010, 9:00 am – 4:30 pm; Lesley University – University Hall

Cost: \$80 (includes breakfast and lunch)

Certificates of participation provided for teachers

Research shows that mindfulness practice enhances concentration, attention, emotional balance, physical well-being, and openness to learning. Educational institutions including early childhood centers, public and private schools, and universities have embraced mindfulness as a valuable educational practice. Join educational colleagues from across disciplines to explore the role of mindfulness in learning.

Plenary Panel

Sara Lazar, PhD, Instructor in Psychology, Harvard Medical School

Amy Saltzman, MD, Founder and Director, Association for Mindfulness in Education

Paul Wapner, PhD, Assoc Professor, School of International Service, American University

Interest Group Sessions

Early childhood education; Teaching young children in elementary school; Teaching children in middle school; Teaching young adults in high school; Teaching university students; Teaching teachers; Research on mindfulness; Developing a personal practice; Integrating personal practice and work; Parenting

Sponsors: *Lesley University, Mindfulness in Education Network, Center for Contemplative Mind in Society, Friends Council on Education, Association for Mindfulness in Education, Courage & Renewal Northeast*

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A Day of Courage and Renewal

Sunday, March 21, 2010, 9:00 am – 3:00 pm; Lesley University – University Hall

Cost: \$60 (includes lunch)

Certificates of participation provided for teachers

In this full-day retreat, emerging from principles described in Parker Palmer's book *The Courage to Teach*, participants will engage in a wide range of contemplative practices to explore the inner landscape of the teaching life. Facilitators will support experiences engaging heart and mind in reflection and insight.

Workshop Facilitators

Sharlene Voogd Cochrane, PhD, Professor and Dean of Faculty, Lesley University

Irene McHenry, PhD, Executive Director, Friends Council on Education

Pamela Seigle, MS, Executive Director, Courage & Renewal Northeast

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To register or for more information: <http://www.mindfuled.org/>