



# Mindfulness: Foundation for Teaching and Learning

Tenth Annual Conference, June 16-18, 2017

Tufts University

<http://www.mindfuled.org>

<https://mindfulnessconference.ticketleap.com>

Full conference registration: Super Early Bird - \$300 before 5/22; Early Bird - \$420 5/22-5/31; Regular \$600 6/1-6/9 (Discounts available for conference volunteers, students, faculty & staff at Tufts University, PreK-12 public school educators, and groups of 5 or more from local schools; email [mindfulnessconference2017@gmail.com](mailto:mindfulnessconference2017@gmail.com) for discount codes prior to registering)

## Courageous Schools: Leading Together

**Friday, June 16**

8:30 am – 3:00 pm

Super Early Bird - \$100 before 5/22  
Early Bird - \$140 5/22-5/31  
Regular- \$200 6/1-6/9  
(Lunch included)

**Facilitators: Pamela Seigle & Chip Wood**

This one-day workshop introduces educators to approaches for personal and professional renewal and to practical applications that bring reflection, SEL and informal mindfulness practices to the adult community of schools to build relational trust. Can we increase relational trust to help make our schools, colleges and universities healthier and safer environments for teaching and learning? How can we remain connected to our deepest aspirations for our students in the face of ever-increasing demands? This day draws on work developed as part of Leading Together, a leadership program of the Center for Courage & Renewal ([www.couragerenewal.org/leadingtogether](http://www.couragerenewal.org/leadingtogether)).

## Keynote: Cultivating Compassion for Self and Society:

### The Implications of Mindfulness Education Beyond Stress Reduction

**Friday, June 16**

7:00 pm – 9:00 pm

Super Early Bird - \$20 before 5/22  
Early Bird - \$25 5/22-5/31  
Regular- \$30 6/1-6/9

**Jessica Morey, MA** is the Executive Director of [Inward Bound Mindfulness Education](http://www.inwardbound.org) (iBme), a nonprofit organization that offers mindfulness meditation retreats for teens, young adults and parents and professionals who work with teens. Jessica began practicing meditation at age 14 on teen retreats offered by the Insight Meditation Society (IMS) and has been practicing mindfulness every since. She is a founding board member and lead teacher for iBme teen retreats and is currently part of the IMS Teacher Training.

## Mindfulness in Education Symposium

**Saturday, June 17**

8:30 am – 4:30 pm

Super Early Bird - \$125 before 5/22  
Early Bird - \$175 5/22-5/31  
Regular- \$250 6/1-6/9  
(Lunch included)

**Morning Plenary Panel with Q&A**

Richard Brady- *Revisiting Our Vision*

Michelle Chatman - *Black Mindfulness: Culturally Relevant Contemplative Practices from the African American Tradition*

Alexis Harris- *Compassionate Schools Project Research*

**Afternoon Workshops**

1. Fostering Intellectual Agility and Constructive Dialogue in the Higher Education Classroom (Deborah Donahue-Keegan)
2. Reaching the Heart and the Mind through the Body (Mayuri Gonzalez)
3. Seeing, Sensing, Remembering-Bringing Mindfulness to the Classroom (Tim Iverson)
4. Secular Mindfulness in Public Schools (Fiona Jensen, Adria Kennedy, & Katie Medlar)
5. Teaching from the Heart (Kaira Jewel Lingo)
6. Incorporating the Performing, Visual, and Literary Arts into your Mindfulness Curriculum (Andrew Jordan Nance)
7. Setting Intentions to Practice Mindfulness Across Disciplines (Julie Kim & Nichole Bukowski)
8. Making mindfulness and compassion stick! (Christopher Willard)

## A Day of Mindfulness: Alive and Awake

**Sunday, June 18**

8:30 am – 3:00 pm

Super Early Bird - \$100 before 5/22  
Early Bird - \$140 5/22-5/31  
Regular- \$200 6/1-6/9  
(Lunch included)

**Facilitators: Elizabeth Kriynovich & Irene McHenry**

Come join us for a day of nourishing silence, mindful awareness practices and reflection. Develop your capacity to be fully alive, to rest in your present moment experience with openness and kindness. You will be guided through a variety of mindful awareness practices including sitting and walking meditation, mindful eating, and mindful movement. There will be meditations for cultivating sensory clarity, focus, loving-kindness and compassion. This day is for beginners as well as those with prior meditation experience. *"Only the day dawns to which you are awake."* Henry David Thoreau

Sponsored by: Mindfulness in Education Network, Center for the Advancement of Learning and Teaching at Tufts University, Tisch College of Civic Life, Association for Contemplative Mind in Higher Education, Association for Mindfulness in Education, Friends Council on Education, & Greater Good Science Center