

2018

MINDFULNESS

FOUNDATION FOR TEACHING
AND LEARNING



Eleventh Annual Conference
March 16-18, 2018
University of the District of Columbia



MINDFULNESS CONFERENCE 2018

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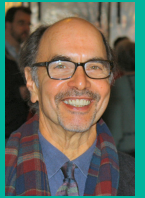
LEADING TOGETHER: STRENGTHENING RELATIONAL TRUST IN THE ADULT SCHOOL COMMUNITY

This workshop introduces the protocols that build relational trust among faculty, leaders, and students with approaches that provide personal and professional renewal and reflection, SEL, and mindfulness practices. Explore how relational trust supports the teaching and learning environment in schools, colleges, universities, and organizations through shifting school culture. This workshop is based, in part, on Leading Together, an evidence-based professional development program for whole school change of the Center for Courage & Renewal founded by American educator Parker J. Palmer.

Valerie Brown is an international retreat leader, writer, speaker, accredited leadership coach, and Principal of Lead Smart Coaching, LLC, specializing in application and integration of mindfulness and leadership. Her books include, *The Road that Teaches: Lessons in Transformation through Travel* and *The Mindful School Leader: Practices to Transform Your Leadership and School*. She has written articles and essays on spirituality and mindfulness and studied and practiced mindfulness in the Plum Village tradition since 1995. She was ordained in the Order of Interbeing by Thich Nhat Hanh in 2003.



Jack Petrash is the founder and director of the Nova Institute, a non-profit organization working to bring fresh insights into parent and teacher education through a deeper understanding of children. He is a former Waldorf School teacher and the author of *Understanding Waldorf Education: Teaching from the Inside Out*. Jack has been involved with Courage to Teach for the last 15 years as a trained facilitator.



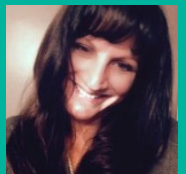
Kathleen Glaser is a Center for Courage and Renewal facilitator and conducts Courage to Teach and Lead retreats. She has over thirty years experience in public schools, serving as a teacher, elementary school principal, college professor, and supervisor of student teachers. She received the Washington Post Distinguished Educational Leadership Award and is a co-founder of the Chesapeake Public Charter School in southern Maryland. Her passion is creating trustworthy learning spaces and communities.



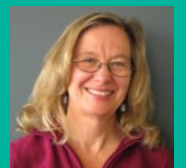
John R. Marston, PhD, has 40 years' experience as a special education teacher, principal, district level administrator, and adjunct professor. Currently, he is an independent consultant and Circle of Trust® facilitator for the Center for Courage and Renewal. Dr. Marston is trained in Action Learning, Restorative Justice, Cognitive Coaching, and has taught Collaboration for Educators at John's Hopkins University.



Lori Schulman Yadin is an Experiential Educator, Retreat Facilitator, Relationship Coach, Mentor and Writer. Lori is a lifelong learner with a twenty-year daily meditative practice that includes numerous week long silent retreats, Mindfulness Based Stress Reduction training, incorporating Mindful practice in her Coaching, Teaching and Retreat Facilitation. Her second book, *Creating Safe Space* was published in 2017.



Kathy Gille is a Courage & Renewal facilitator and an ICF accredited Leadership Coach who works with people in the non-profit sector focused on advocacy for social justice and social change. She served as a senior leadership aide in the U.S. Congress and is now a senior fellow at a human rights organization, Washington Office on Latin America (WOLA), where she focuses on strategic communications and leadership development.



Super Early Bird: \$100
(Before Feb. 22)
Early Bird: \$140
(Feb. 23 - Feb. 28)
Regular: \$200
(March 1 - March 9)

Fri., March 16

Registration
8am

Workshop
9am - 3pm

KEYNOTE - BREATHING LOVE INTO COMMUNITIES

The Holistic Life Foundation will discuss teaching yoga and mindfulness to today's youth. Participants will gain a deeper understanding of the needs of today's youth in diverse environments, and will learn new yoga and mindfulness skills to help fulfill those needs. Through a combination of practice, lecture, and exercises, you learn movement, centering techniques, mindfulness practices, and meditations. You also learn youth engagement principles, teaching philosophies, and strategies for working with "problem" students, while exploring methods to make the whole approach practical and, most of all, fun. This is an exceptional opportunity for anyone at any skill level in yoga and mindfulness interested in teaching these techniques to today's youth, including teachers, yoga instructors, and helping professionals who wish to use the techniques in their practices.



Ali Smith learned yoga and meditation from his parents, and by visiting ashrams as a child. He has over 12 years of experience teaching yoga and mindfulness to diverse populations. He has helped develop and pilot yoga and mindfulness programs with at-risk youth at drug treatment centers, mental crisis facilities, and in many other underserved communities around the world.

Atman Smith is a native of Baltimore, MD who's parents were yogis that taught him contemplative practices as a very young child. For the past twelve years he has been teaching yoga and mindfulness to a diverse population.

Andres Gonzalez has been practicing and teaching yoga for the past 12 years to diverse populations. For the past three years, he has partnered with the John Hopkins Bloomberg School of Health and Penn State's Prevention Research Center on a federally funded yoga and mindfulness based study involving urban youth.

Super Early Bird: \$20
(Before Feb. 22)
Early Bird: \$25
(Feb. 23 - Feb. 28)
Regular: \$30
(March 1 - March 9)

Fri., March 16

Registration
7pm

Keynote
7:30pm - 9pm

MORNING PLENARY PANEL WITH Q&A

Cultivating Mindful Awareness Practices in K-12 Classrooms

This presentation focuses on the value added of equipping adults and young people with some form of regular contemplative practice that can help them balance their emotions, increase compassion, and cultivate the capacity for stillness and reflection. We will discuss the elements necessary for successfully integrating mindfulness with social and emotional learning into a more holistic vision of K-12 education that includes this approach as a regular part of the school day and is embedded into the culture and mission of a school.

Linda Lantieri, MA has been in the field of education for over 45 years as a classroom teacher, assistant principal, director of a middle school in East Harlem, and faculty member at Hunter College. She is a Fulbright Scholar, internationally known speaker in the areas of Social and Emotional Learning, Contemplative Teaching and Learning, and Mindfulness in Education, and co-founder and a Senior Program Advisor for the Collaborative for Academic, Social and Emotional Learning (CASEL).



Mindfulness, Neurodecolonization, Spirits in our Genes, the Great Inner Circle of Life, and the Science of Traditional Indigenous Contemplative Practices

This presentation highlights neurodecolonization, which applies neuroscientific, genetic, and microbiome research to mindfulness and traditional Indigenous contemplative approaches to address the pernicious consequences of colonization. Dr. Yellow Bird discusses how culture, traumatic colonization experiences, and perceptions shape our brain's plasticity; affect our DNA, our microbiome, the expression of our genes; changes brain waves and shapes specialized brain cells; and alters our neurotransmitters and modulators. He will share how specific traditional practices of Indigenous Peoples can decolonize and heal.

Dr. Michael Yellow Bird is a citizen of the Three Affiliated Tribes, the Mandan, Hidatsa, and Arikara. He grew up on the Fort Berthold reservation in White Shield, ND. He held faculty appointments at the University of British Columbia, University of Kansas, Arizona State University, and Humboldt State University. He is currently Professor of Sociology and Anthropology and Director of the Tribal and Indigenous Peoples Studies program at North Dakota State University.



Can Teens Overcome Self-Criticism and Learn to Embrace Who They Are?

This session addresses how self-compassion training has helped teens face big issues-like stress, depression, and anxiety. The 8-week adolescent mindfulness-based self-compassion program Making Friends with Yourself (MFY), adapted from the 8-week adult program Mindful Self-Compassion, has demonstrated decreases in stress, anxiety, and depression. Self-compassion will be defined and its distinction from mindfulness will be clarified. The MFY program's structure, components, and practices, and the research outcomes will also be explained.

Dr. Karen Bluth is Assistant Professor of Integrative Medicine at the University of North Carolina and a certified Mindful Self-Compassion instructor, an internationally acclaimed course created by Drs. Kristin Neff and Chris Germer. She is co-creator of the curriculum Making Friends with Yourself: A Mindful Self-Compassion Program for Teens, and author of *The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are*.



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(Before Feb. 22)
Early Bird: \$175
(Feb. 23 – Feb. 28)
Regular: \$250
(March 1 – March 9)

Sat., March 17

Registration
8am

Panel
9am – 11am

Interest Groups
11am – 12pm

Workshops
1:15pm – 4:30pm

AFTERNOON WORKSHOPS

Participants will be able to attend **two** workshops

Mindfulness Based Art and The Expressive Mind The Sparks Guide to Mindfulness Art for Educators and Counselors

Mindfulness based art activates the expressive mind and offers the opportunity to practice self-expression in a safe environment. We can learn the mindful skills of mental focus, relaxation, being present and taking a new perspective through a variety of art activities. Mindful art teaches the ability to reset one's emotions and establish emotional regulation.

Margaret Callahan is a Halifax-based senior mindfulness teacher and artist, who specializes in Mindfulness Based Education programs. She has taught and consulted in high school art programs and developed a Mindfulness Based Art Therapy (MBAT) training program. Margaret leads mindfulness art retreats internationally.



Capacity Building For Diverse Educators

Utilizing Mindfulness, Non-Violent Communication, and Restorative Practices for Personal Growth, Self-Care, and Social Equality in Schools.

We will unify the powers of inner and outer transformation. With a contemplative approach, we will nurture our social and emotional competencies to reconnect to the peace within ourselves. From this inner transformation, we will learn to repair relationships and restore harmony in the workplace. We will face these concerns utilizing mindfulness, non-violent communication, and restorative practices.

Morris H. Ervin, Jr. is an educator, entertainer, motivational speaker, and Youth Development Professional committed to helping youth, families, and institutions "turn fear into strength, and pain into passion." Morris founded Mansa Consulting and has provided programs, leadership camps, and retreats to 1,000s of students nationwide.



The Presence of Mindfulness in the Ethics of Integrity

We will talk about mindfulness as a skillful way to remember what our ethical principles are, what values we bring into our educational settings. How do we understand the way mindfulness brings us back to calm and clarity so we can act in accordance with our ethics of integrity and right understanding.

Marisela Gomez is a mindfulness practitioner (ordained in the tradition of Thich Nhat Hanh's Order of Interbeing), public health scholar activist, and physician. Of Afro-Latina ancestry, she lives in Baltimore and is involved in social justice activism and community building/health research. She wrote *Race, Class, Power and Organizing in East Baltimore*, numerous book chapters, popular and scholarly publications.



Mindful Mondays: Creating a Mindfulness Culture in Your School Community

In this workshop we'll use the Little Flower Yoga's Mindful Mondays as a case study to explore setting intentions, identifying the needs of our communities, naming allies, and to get clear about the commitments we can make as part of a sustainable plan.

Argos Gonzalez is a teacher, lecturer, and mindfulness and yoga instructor. He has 13 years' experience teaching high school in the Bronx and teaches pre-service and in-service teachers at Hunter College. Argos is certified through both Mindful Schools and Little Flower Yoga (LFY). He currently serves as the director of professional development for The School Yoga Project.



Sat., March 17

Registration
8am

Panel
9am - 11am

Interest Groups
11am - 12pm

Workshops
1:15pm - 4:30pm

AFTERNOON WORKSHOPS

Participants will be able to attend **two** workshops

Teaching from the Heart: Creating a Habit of Happiness and Authentic Connection In and Outside the Classroom

We will learn practices that can restore ease and well-being in ourselves and our students, nurture gratitude and deepen joy. We will learn to understand and mindfully care for our difficulties and painful emotions and how well-being and challenges are not mutually exclusive, but can co-exist. We will explore how to engage in authentic communication and create a culture of compassion and connection in our schools.

Kaira Jewel Lingo teaches Buddhist meditation and mindfulness internationally, with a focus on activists, people of color, artists, educators, families, and youth. She began practicing mindfulness in 1997, and is ordained in Thich Nhat Hanh's Order of Interbeing. She is based in Washington, DC and leads retreats in the U.S. and internationally.



Reflections of a Long-Time Meditating Educator or Stop Thinking Your Way to Better Thinking and Insight

This interactive session has two parts: 1) A personal reflection on the benefits of regular meditation as a means to achieving deeper learning, increased clarity of thought, creative insight, and emotional balance. 2) A discussion of the educational implications of including meditative practices for educators and students.

Jay McTighe is a veteran educator (46 years) and a practicing meditator for 45 of those years. He served as a teacher, a program coordinator at the district level, and in a policy level position at a State Education Department. He currently serves as an international educational consultant.



Cultivating Empathy & Strengthening Self-Regulation

In this interactive session, participants will learn how Nonviolent Communication (NVC) supports self-regulation and strengthens our innate capacity for empathy. Choosing empathy for ourselves/others and freeing ourselves from being steeped in blame or judgement. Interpersonal Neurobiology, as it relates to reactivity, will be discussed.

Peggy Smith is a certified trainer with the International Center for Nonviolent Communication, and was a teacher in public and alternative schools for 32 years before devoting her full time energies to this endeavor. She has posted a Courageous Communication online curriculum developed with men coming out of incarceration.



Each One, Reach One: Building Contemplative Communities with Students of Color

This panel will address: How do we, as teachers, become centered and remain grounded in the face of dehumanizing ideologies and practices, limited resources, and devalued presence? How do we negotiate our vulnerability and authenticity as persons of color, while forging bonds/honoring identity with students of color without excluding others?

Dr. Renée A. Hill is Associate Professor of Philosophy at Virginia State University and director of the Oasis, the mindfulness/meditation center on campus. **Stephanie Briggs**, Assistant Professor of English, at Community College of Baltimore County, uses arts-based practices to foster social action, and compassion among students. **Dr. Michelle Chatman** is Assistant Professor of Crime, Justice, and Security Studies at the University of the District of Columbia and integrates jazz, mindfulness, and contemplative writing into her courses.



Sat., March 17

Registration
8am

Panel
9am – 11am

Interest Groups
11am – 12pm

Workshops
1:15pm – 4:30pm

AWAKE AND ALIVE

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, mindful movement, deep listening and mindful speech. 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.

Richard Brady, MS, is a writer, educational consultant (www.mindingyourlife.net), and co-founder of the Mindfulness in Education Network. Richard has practiced mindfulness since 1989. His publications include: "Learning to Stop, Stopping to Learn: Discovering the Contemplative Dimension in Education", 2007, *Journal of Transformative Education* and *Tuning In: Mindfulness in Teaching and Learning*, McHenry and Brady, eds., 2009, Friends Council on Education.



Elizabeth Kriynovich has more than a decade of experience working and teaching in Quaker schools. Since 2009, she has been passionate about bringing mindfulness practices into the classroom, and specifically supporting the needs of students with learning disabilities using mindfulness. Her primary mindfulness trainings have been in the teachings of Thich Nhat Hanh, and she is a member of Wake Up Schools, a worldwide community of educators in the Plum Village tradition. She has led workshops and presentations on using mindfulness in the classroom nationwide.



REGISTRATION FEES, DEADLINES, AND PAYMENTS

You can now register for only the sessions you want to attend--and tailor the mindfulness conference to your specific needs and budget. Maximize your school professional development funds by taking advantage of our **Super Early Bird** rates and group and educators' discounts (see page 2).

Super Early Bird – Purchase tickets before **Feb. 22, 2018**
Early Bird – Purchase tickets between **Feb. 23 – Feb. 28, 2018**
Regular – Purchase tickets between **March 1 – March 9, 2018**

Tickets for some sessions may be available at the door, but events do often sell out, so we strongly recommend purchasing your tickets in advance.

Credit card payments are accepted online and school purchase orders (POs) are accepted for educators (individuals or teacher teams). Please email us at **info@mindfuled.org** for details on submitting a PO and for a group application. Payment on site is with check or cash only.

* See full workshop descriptions and presenters' bios online.

Super Early Bird: \$100
 (Before Feb. 22)
 Early Bird: \$140
 (Feb. 23 – Feb. 28)
 Regular: \$200
 (March 1 – March 9)

Sun., March 18

Registration
 8am

AM Practice
 9am – 12pm

PM Practice
 1pm – 3pm