

***Mindfulness: Foundation for
Teaching and Learning
Fifth Annual Conference ~ Bryn Mawr College, Bryn Mawr, PA***

Friday, March 16, 2012, 7:30 pm – 9:00 pm; Thomas Great Hall

***Keynote: Improving Attention and Working Memory with
Mindfulness Training***

Amishi Jha, PhD, Associate Professor of Psychology, University of Miami

*** Cost: \$20 through 2/15, \$25 after 2/15

Saturday, March 17, 2012, 9:00 am – 4:30 pm; Thomas Great Hall

Conference for Educators, Counselors, and Administrators

Plenary Panel

Linda-Susan Beard, PhD, Associate Professor of English, Bryn Mawr College

Gina Biegel, MA, LMFT, Psychotherapist and Founder of Stressed Teens

Robert Roeser, PhD, Associate Professor of Psychology and Human Development,
Portland State 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

*** Cost: \$80 through 2/15, \$100 after 2/15 (includes breakfast and lunch)

Sunday, March 18, 2012, 9:00 am – 3:00 pm; Thomas Great Hall

A Day of Mindfulness: Alive and Awake

Facilitators

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

Diane Reibel, PhD, Director of The Mindfulness Institute at the Jefferson-Myrna Brind Center Integrative Medicine and a Research Associate Professor, Thomas Jefferson University

*** Cost: \$60 through 2/15, \$75 after 2/15 (includes breakfast and lunch)

Sponsors: Bryn Mawr College, Bryn Mawr College Department of Psychology,, Association for Contemplative Mind in Higher Education, Association for Mindfulness in Education, Friends Council on Education, Mindfulness in Education Network

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