

**11th Annual**  
**Mindfulness in**  
**Education Network**  
**Conference**

**University of the**  
**District of Columbia**  
**Washington, DC**

**March 16-18, 2018**

**visit [www.mindfuled.org](http://www.mindfuled.org)**  
**for details and registration**



# MINDFULNESS

FOUNDATION FOR TEACHING AND LEARNING

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



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**DISCOUNTS**

**available for educators,  
groups, and volunteers.**

## DAY 1: LEADING TOGETHER WORKSHOP & KEYNOTE

### **Leading Together: Strengthening Relational Trust in the Adult School Community**

This workshop introduces educators to 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.

### **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 youth in diverse environments, and learn new yoga and mindfulness skills. Through a combination of practice, lecture, and exercises, participants will 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.

## DAY 2: MINDFULNESS SYMPOSIUM

### **Morning Plenary and Q&A**

- Cultivating Mindful Awareness Practices in K-12 Classrooms
- Mindfulness, Neurodecolonization, Spirits in our Genes, the Great Inner Circle of Life, and the Science of Traditional Indigenous Contemplative Practices
- Can Teens Overcome Self-Criticism and Learn to Embrace Who They Are?

### **Afternoon Workshops** (Participants will attend **two** workshops)

- Mindfulness Based Art and The Expressive Mind The Sparks Guide to Mindfulness Art for Educators and Counselors
- Capacity Building For Diverse Educators
- The Presence of Mindfulness in the Ethics of Integrity
- Mindful Mondays: Creating a Mindfulness Culture in Your School Community
- Teaching from the Heart: Creating a Habit of Happiness and Authentic Connection In and Outside the Classroom
- Reflections of a Long-Time Meditating Educator or Stop Thinking Your Way to Better Thinking and Insight
- Cultivating Empathy & Strengthening Self-Regulation
- Each One, Reach One: Building Contemplative Communities with Students of Color

## DAY 3: DAY OF MINDFULNESS

### **Awake and Alive**

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 mindful awareness practices like: sitting and walking meditation, mindful eating, mindful movement, deep listening and mindful speech.

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