Mindfulness meditation has been practiced for thousands of years as a way to reduce suffering and cultivate inner peace. Many educational institutions have introduced it into their curricula as a means to enhance learning and improve education outcomes. In this series, we'll explore the research, uses, and results of Mindfulness practice in K–12 education.

**SESSION 1**
**GROWING MINDFUL**
*With Christopher Willard*

As Mindfulness goes mainstream, there's growing interest in teaching it to young people to help boost learning, creativity, and concentration. We'll discuss recent research on Mindfulness in learning and mental health, and explore ways to bring it to the home and classroom. Enjoy an evening of experiential learning and conversation.

*Christopher Willard* is a psychologist and educational consultant in the Boston area specializing in Mindfulness-based work with children and adolescents. He has been practicing meditation for over 15 years, and leads workshops internationally on the topic of Mindfulness with young people. Chris is a proud product of the Newton Public Schools.

**X903-P14-1 $35**
Thursday May 1 @ Newton South HS 7–9pm

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**SESSION 2**
**MINDFULNESS IN K–12 EDUCATION:** For Healthy, Happy, and Focused Youth
*With Paula Black, Fiona Jensen, & Doug Worthen*

Join us to hear multiple perspectives on bringing Mindfulness to schools.

*Paula Black* is the Assistant Director of Student Services for Newton Public Schools. Through her work with teachers and administrators, she has found that Mindfulness enables educators to become better connected with their students.

*Fiona Jensen* is the Founder and Executive Director of Calmer Choice, a non-profit organization that brings Mindfulness programs into the schools of Cape Cod. Fiona is a tireless advocate for Mindfulness in education.

*Doug Worthen* teaches an introduction to Mindfulness course at the Middlesex School in Concord, Massachusetts. Living through two bouts of lymphoma, Doug has experienced firsthand the healing power of Mindfulness.

**X904-P14-1 $35**
Thursday May 8 @ Newton South HS 7–9pm

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**SESSION 3**
**IF YOU CAN REACH THEM, YOU CAN TEACH THEM:** Mindful approaches for engaging challenging school populations and reluctant school cultures
*With Midge & Rick Kinder*

In 2001, the Kinders launched Wellness Works in Schools™ a program in which students and teachers learn Mindfulness skills and self-regulation strategies to address stress, learning readiness, trauma, and other important issues. This interactive presentation will be relevant to today’s diverse school environments.

*Midge Kinder* is an experienced teacher and registered yoga instructor who has taught Mindful Yoga classes and Mindfulness workshops for more than 20 years.

*Rick Kinder* has a corporate background and brings a unique understanding to his Mindfulness teaching. His career in mind-body health has evolved through many years of teaching Mindful Yoga classes and Mindfulness workshops.

**X905-P14-1 $35**
Thursday May 15 @ Newton South HS 7–9pm

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**SPECIAL SESSION**
**MINDFULNESS RETREAT FOR EDUCATORS**
*With Paula Black, Shari Engelbourg & Ed Hauben*

Let go of your 10,000 responsibilities and join us to cultivate an awareness of yourself and others. Mindful guided inquiry and silence will enable reentry into your professional life from a place of greater skill and insight.

PDP’s are available for educators; see our website or call us for more information about this and the retreat.

**X907-P14-1 $60**
Saturday May 3 @ Andover Newton Theological School, Newton Center 9:30am to 3:30pm

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For more information or register, visit [www.newtoncommunityed.org](http://www.newtoncommunityed.org) or call 617-559-6999