

Mindfulness in Education Conference | October 2009

Mindfulness: Foundation for Teaching and Learning

Keynote Address – George Mumford

Friday, October 30th, 2009

7:00 pm – 9:00 pm

Tech High School, Oakland CA

Cost: \$25

The Role of Mental Strengths in Developing Athletic and Academic Excellence

George T. Mumford is a Sports Psychology Consultant, Personal and Organizational Development Consultant, Executive Coach and a Teacher. As part of Phil Jackson's support staff, he worked with the Los Angeles Lakers (1999-2003) and the Chicago Bulls (1993-1998). George will draw on his experience working with elite athletes, inner city populations, corporate executives and prison inmates to explore the mental strengths that create the foundation for excellence.

Day of Mindfulness

Sunday, November 1st, 2009

9:00 am – 4:00 pm

Park Day School, Oakland, CA

Cost: \$60

In this full-day workshop participants will explore the many ways in which mindfulness can deepen and enrich their experience of life. Through direct instruction, mindfulness practice, and group exercises, participants will learn potent new tools for living

Information and Registration

Visit: www.mindfuleducation.org

Email: ame@mindfuleducation.org

Call: (650) 575-5780

Sponsors

- Association for Mindfulness in Education
- Center for Contemplative Mind in Society
- Mindfulness in Education Network
- Mindful Schools
- Friends Council on Education

Conference for Educators, Counselors and Administrators

Saturday, October 31st, 2009

8:30 am – 5:00 pm

Tech High School, Oakland CA

Cost: \$95 (includes breakfast and lunch)

Research shows that mindfulness skills enhance concentration, attention, emotional balance, physical well-being, and openness to learning. Educational institutions including early childhood centers, public and private school systems, and national universities have embraced mindfulness as valuable educational practice. Join educational colleagues to explore the cutting edge of deep learning.

Plenary Panel

Megan Cowan is co-founder and co-director of Mindful Schools, and has been teaching children mindfulness in various settings for more than ten years.

Richard Brady Prior to "retiring" Richard taught high school mathematics for 34 years at Sidwell Friends School in Washington D.C. For the last several years of his career he incorporated mindfulness into his teaching. Richard is currently an educational consultant, and the co-author of *Tuning In: Mindfulness in Teaching and Learning*

Alfred W. Kaszniak, Ph.D. is head of the department of Psychology and a professor in the departments of Psychology, Neurology, and Psychiatry at the University of Arizona. His research focuses on the neural correlates of attention and emotion regulation, and their implications for education

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.