



Mindfulness in Education Summer Institute



CENTER FOR SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA

DATES & TIMES

June 28-30, 2017

8:00 AM-3:00 PM June 28

(optional group mindfulness and yoga practice sessions 3:00-3:30 PM)

9:00 AM-3:00 PM June 29

(optional networking at 8:00 AM, optional group mindfulness and yoga practice sessions 3:00-3:30 PM)

9:00 AM-1:00 PM June 30

(optional networking at 8:00 AM, optional group mindfulness and yoga practice sessions 1:00-1:30 PM)

LOCATION

Webster Elementary
425 5th Street NE
Minneapolis, MN 55413

COST (INCLUDES LUNCH ALL THREE DAYS OF THE INSTITUTE)

Sponsor: \$350

Standard: \$300

Scholarship: \$250

Registration limited to 100 participants

CEUs available to participants upon completion of the Institute

Stressors such as shrinking budgets, increased class sizes, teacher attrition and burnout combined with large numbers of students who have experienced trauma call attention to the pressing need for innovations that promote wellbeing in school communities. The Center for Spirituality & Healing's Mindfulness in Education Summer Institute brings together researchers and educators for three days of professional learning and discussion on mindfulness research and research-informed practices to address the urgent needs in schools.

The summer institute is open to educators and education leaders regardless of experience with mindfulness. The institute has suggested program schedules for educators that are new to mindfulness, more experienced mindfulness practitioners who wish to explore education applications and programs, and education leaders interested in integrating mindfulness programs within their schools.

Drawing from the rich expertise of the University of Minnesota and Twin Cities community, the Center for Spirituality & Healing's Mindfulness in Education Summer Institute will address topics relevant to educators and education leaders:

- Current state of mindfulness research
- Role of mindfulness in education
- Research-informed evaluation of available mindfulness programs
- Mindfulness, equity, and culturally responsive practices

The institute also offers hands-on learning experiences and teaching demonstrations in movement and sitting practices for participants seeking guidance in how to begin a mindfulness practice and how to engage students in mindfulness practices.

A key feature of the institute is the in-depth look at the Center for Spirituality & Healing's Mindfulness in Education Initiative partnership program with a local school. The Center's program addresses teacher wellbeing and the teaching of mindfulness practices through an innovative professional development model. Program sessions include an overview of the program, experiences from the teacher participants, and teaching demonstrations.

We hope you can join us this June. Please contact Desirae Hammond at hammo200@umn.edu for more information.

Register at z.umn.edu/MIEsummer