Daily schedule: June 18

- 7:30-8:30 AM  Registration; coffee, tea, and networking
- 8:30-8:45 AM  Introductory comments and orientation
- 9:00-10:00 AM  Keynote talk
  - Dr. Michael Yellow Bird: Revising the Medicine Wheel: Transformation Through Mindfulness, Laughter, Microbes, and Neurodecolonization
- 10:00-10:15 AM  Break
- 10:15-11:00 AM  Breakout sessions
  - New to mindfulness track: Introduction to Mindfulness—concepts, definitions, research and intro to practices
  - Administrator track: The Case for Mindfulness in Education
  - Alumni/experienced track: Trauma and Mindfulness—important considerations for schools, teachers, and students
- 11:00-11:15 AM  Break
- 11:15 AM-12:00 PM  Breakout sessions
  - New to mindfulness track: Practice Workshop
  - Administrator track: Introduction to Practices—experiential learning session
  - Alumni/experienced track: Alumni presenter session—working with adults and parents
- 12:00-1:00 PM  Lunch
- 1:15-2:00 PM  Breakout sessions
  - New to mindfulness track: Stress, Self-Care, and Teaching
  - Administrator track: Mindful Leadership
  - Alumni/experienced track: Mindfulness Research Update—overview of the field
- 2:15-2:30 PM  Closing remarks and reminders
- 2:30-3:00 PM  Optional group practice

*Note: individual breakout sessions timings may be subject to change.*
Daily schedule: June 19

- 7:30-8:30 AM  Coffee, tea, and networking
- 8:30-8:45 AM  Introductory comments and orientation
- 9:00-10:00 AM Keynote talk
  - Tommy Woon: Healing the Future: Neuroliberation and Decolonization Through Somatic Literacy
- 10:00-10:15 AM Break
- 10:15-11:00 AM Breakout sessions
  - New to mindfulness track: Teacher Panel—what mindfulness means in my classroom
  - Administrator track: Programs, Evaluation, and Selection
  - Alumni/experienced track: Social Emotional Learning (SEL) and Mindfulness
- 11:00-11:15 AM Break
- 11:15 AM-12:00 PM Breakout sessions
  - New to mindfulness track: Voices from the Field—what mindfulness looks like in my classroom (practices and activities)
  - Administrator track: Social Emotional Learning (SEL) and Mindfulness
  - Alumni/experienced track: Social Emotional Learning (SEL) Applications Workshop
- 12:00-1:00 PM  Lunch
- 1:15-2:00 PM Breakout sessions
  - New to mindfulness track: Unconference Session—Mindfulness and Restorative Justice
  - Administrator track: Voices from the Field—what mindfulness looks like in my classroom (practices and activities)
  - Alumni/experienced track: Alumni presenter session—Embodied Mindful Pedagogy in the Art Classroom
- 2:15-2:30 PM  Closing remarks and reminders
- 2:30-3:00 PM  Optional group practice

Daily schedule: June 20

- 7:30-8:30 AM  Coffee, tea, and networking
- 8:30-8:45 AM  Introductory comments and orientation
- 9:00-10:00 AM Keynote talk
  - Dr. Phil Zelazo: Mindfulness and Reflection: Foundations for Effective Learning
- 10:00-10:15 AM Break
• 10:15-11:00 AM  Breakout sessions
  o New to mindfulness track: Mandala Painting—art and mindfulness
  o Administrator track: Trauma and Mindfulness—important considerations for schools, teachers, and students
  o Alumni/experienced track: Evaluating Your Program—how to know if your program is performing

• 11:00-11:15 AM  Break

• 11:15 AM-12:00 PM  Breakout sessions
  o New to mindfulness track: School Stories—how to bring mindfulness to your school
  o Administrator track: Mindful and Non-Violent Communication
  o Alumni/experienced track: Mindful Pedagogy—building a theory of practice

• 12:00-1:00 PM  Lunch

• 1:15-2:00 PM  Breakout sessions
  o New to mindfulness track: Question and Answer Session—program and institute alumni
  o Administrator track: Mindfulness in Education—what we’ve learned
  o Alumni/experienced track: Unconference Session—Unpacking Our Practice and Practices: Movement Towards a Mindful Pedagogy and Community

• 2:15-2:30 PM  Closing remarks and reminders

• 2:30-3:00 PM  Optional group practice