

K-12 Expansion

- Mindful Schools expanding training from K-5 to K-12 in response to demand
- First organization in the Mindfulness & Education field to provide full K-12 support
- Mission statement:
“Be the leader in integrating mindfulness into education.”

Some of the Most Experienced Mindfulness Instructors Under One Roof

Amplified by
Silicon Valley
Product Management



Megan Cowan

has taught more than 3,500 youth of all ages, is featured in the new mindfulness & education documentary "Room to Breathe," and is the primary author of Mindful Schools' evidence-based elementary school curriculum.



Chris McKenna

directed the main organization in the U.S. delivering mindfulness programming to at-risk adolescents and co-developed one of the first mindfulness training programs targeting the needs of staff in locked facilities serving youth with histories of substance abuse and violence.



Vinny Ferraro

is a former homeless youth, a long-time mindfulness instructor, and a nationally recognized leader in designing and implementing interventions for at-risk adolescents. He has taught over 110,000 youth on four continents via his work as Challenge Day's Director of Training and was the subject of the MTV series "If You Really Knew Me...."

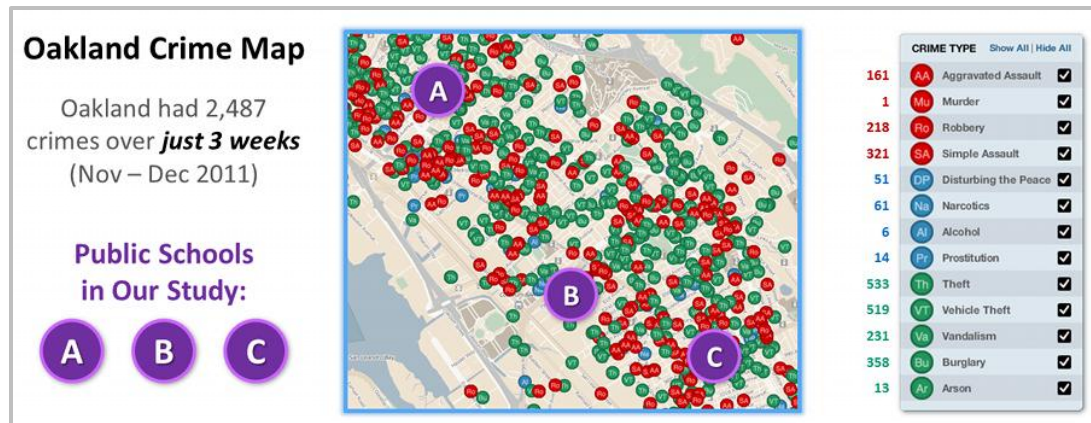
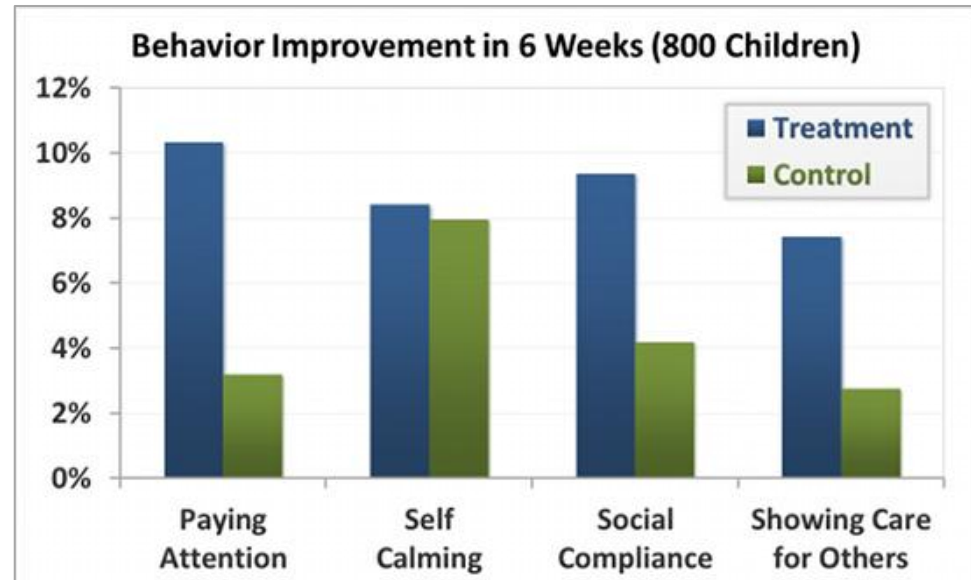


Randima Fernando

Proven experience managing large award-winning projects, combined with a mindfulness background

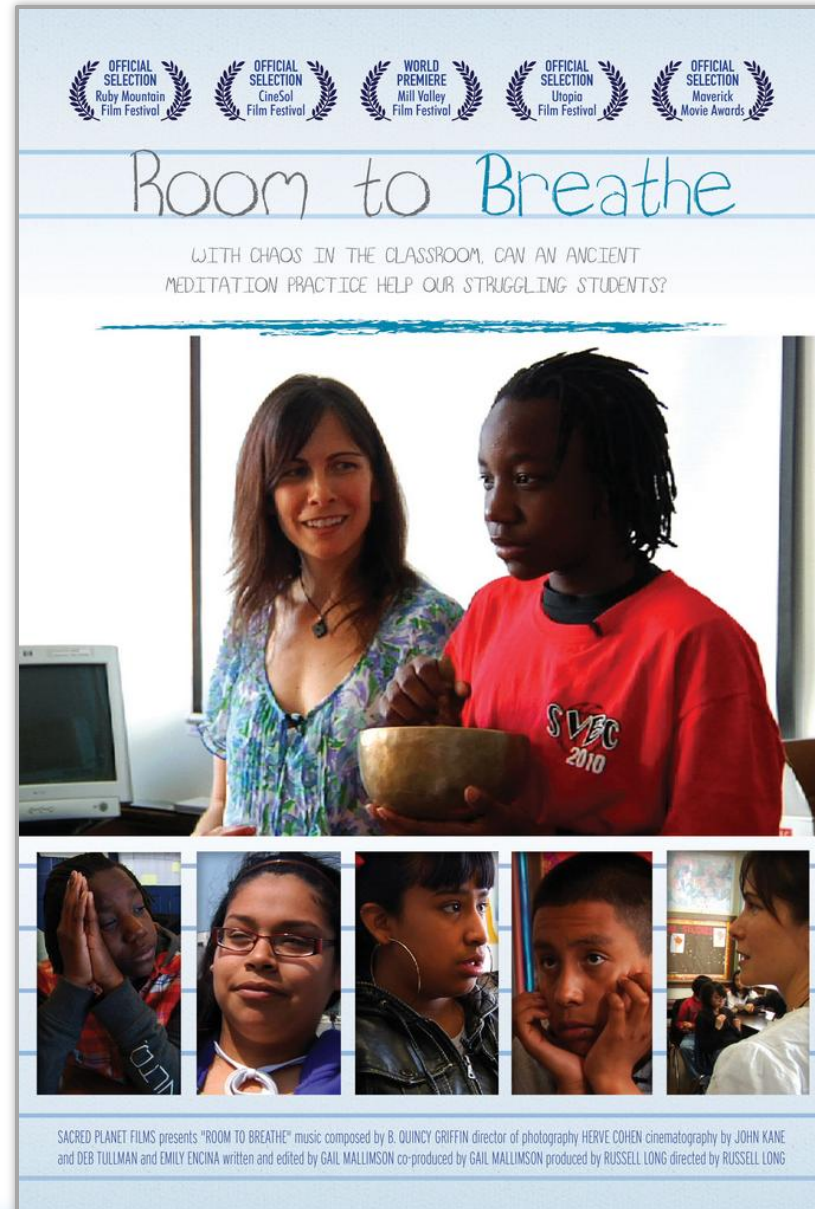
Research

- Largest randomized-controlled study on mindfulness and children
- 915 children, 47 teachers, 3 Oakland public elementary schools
- **Statistically significant improvements in behavior**
- Conducted in partnership with UC Davis
- **Conducted in very high-crime parts of Oakland**
- See [web site](#) for details



Room to Breathe

- *Room To Breathe* is a surprising story of transformation as struggling kids in a San Francisco public middle school are introduced to the practice of mindfulness meditation.
- Packed premieres at Mill Valley Film Festival
- Submitted to numerous other film festivals
- [Audio Adaptation](#) on *Making Contact* (National Radio Project)
- Press & Reviews
 - La French TV, Huffington Post, Sydney Morning Herald, KQED, The Potrero View
- Links
 - [View the Trailer](#)
 - [Order the Film](#)



Step 1

Step 2

Learn Mindfulness Online Start 2013 By Cultivating Your Personal Practice



www.mindfulschools.org • training@mindfulschools.org • (510) 535-6746

Join **nearly 1,000 people** from **37 U.S. States** and **15 countries** who have taken this **highly-rated online course!**

Date & Time Online Course

Jan. 10 – Feb. 14, 2013
At your own pace

Price
\$125

Mindfulness Fundamentals

- Available to anyone around the world
- Reduce stress and increase coping skills
- Cultivate empathy for yourself and others
- Learn the science behind mindfulness
- Build up a personal mindfulness practice
- This course is a prerequisite for our Curriculum Training course

Technical Requirements

Participants are required to have internet access, an email account, and the ability to open PDF documents and listen to MP3s on their computer.

Training Delivered By
Mindful Schools

For more information:
www.mindfulschools.org

Curriculum Training How to Teach Mindfulness to Children



www.mindfulschools.org • training@mindfulschools.org • (510) 535-6746

Now Available
Online or In Person

Led by **Megan Cowan**



Megan has personally taught the Mindful Schools curriculum to over 2,500 children, and she is featured in the upcoming *Room to Breathe* film documentary.

The Mindful Schools K-12 Curriculum

- Research-backed, taught to 30,000+ kids
- Easier classroom management
- Tools for test taking
- Better focus and concentration
- Improved impulse control
- Increased empathy for oneself & others

Lessons Easily Adaptable For:

- Private therapy practice
- Afterschool programs
- Home

Training Delivered By
Mindful Schools

For more information and registration:
www.mindfulschools.org

How Mindfulness Works

Non-judgmental awareness of the present moment

*Without
Mindfulness*



*With
Mindfulness*



Mindfulness creates space...

...replacing **impulsive reactions** with **thoughtful responses**.

We help to grow this space, enabling new, wiser responses that improve:

- Attention
- Emotional regulation
- Empathy
- Learning
- Conflict resolution

How Mindful Schools Helps

- We **teach students to pay attention** to whatever is being taught, **making all other school programs more effective**
- We **enhance the impulse control** of students and teachers, **improving classroom management and emotional regulation**
- We **reduce stress** for students, teachers, and administrators, **facilitating teaching and learning**
- We **build community** and an important link between school and home, **supporting children and their families**
- Mindfulness provides students with **a lifetime skill: an internal compass to make good decisions** in the moment they are needed
- Demand for the program is high and growing; it is **low-cost and easy to replicate**.

Why and How Does the Program Work?

- Mindfulness affects brain function by integrating the brain stem, limbic system, and prefrontal cortex (Siegel 2007). This has several benefits:
 - **Reduced stress.** Stress shuts down the hippocampus, the brain's memory center. Chronic stress in children has been proven to reduce working memory function as adults. (G. Evans & M. Schamberg 2009)
 - **Emotional regulation.** Fewer mood disturbances and ability to handle high-stress environments. (Arch 2006, Brown 2003, Jha 2010)
 - **Elevation of positive emotions and outcomes.** Improved brain function, sense of well-being, and immunity to sickness. (Davidson 2003, Fredrickson 2008)
 - **Impulse control.** The ability to delay gratification may predict SAT scores, social and cognitive competence, educational attainment, and drug use. (Mischel et al. 1989)
 - **Academic achievement.** Improved academic performance and executive function, which is strongly correlated with academic performance. (Benson et al. 2000, Flook et al. 2008, Biegel & Brown 2010)
- Thousands of research studies have been published on the benefits of mindfulness.
- Mindfulness has been used in the medical world for 33 years. Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction, is presenting a benefit for Mindful Schools in 2012.
- It is increasingly used in the corporate world (Genentech, Google, Yahoo!, etc...) with compelling results. (Pierce 2011)

Education is the next logical frontier for mindfulness.

Thank You

For more information, please visit

www.mindfulschools.org