

The Garrison Institute's Initiative on Contemplation and Education presents

Advancing the Science and Practice of Contemplative Teaching and Learning

A Public Symposium

November 4-6, 2011

Contemplative Teaching and Learning promotes awareness of self, others and the world by infusing classroom life and teaching with experiential practices such as mindfulness, yoga, tai chi, reflective journaling and others. It deepens learning and builds inner strengths and skills including attention, self-regulation and compassion.

This symposium allows educators, health professionals, researchers and policymakers to learn from one another in an environment that nurtures dialogue and advances evidence-based practice. It will:

- 1) Examine the scientific basis of contemplative teaching and learning, including brain research, with the goal of improving the lives of children, teachers and families;
- 2) Showcase tested practices that demonstrate positive outcomes in diverse settings and at various ages; and
- 3) Advance contemplative teaching and learning in mainstream education.

Daily experiences with contemplation will provide participants with evidence-based practices that can be implemented in schools, and in their own lives.

To register, visit www.garrisoninstitute.org/education2011. Registration includes all sessions, housing and meals. For more information, contact education@garrisoninstitute.org, or call 845-424-4800 ext. 131.



Keynote speaker **Mark Greenberg** is Director of the Prevention Research Center at Penn State University and a leading researcher in social and emotional learning. Panelists include **Adele Diamond**, specialist in Developmental Cognitive Neuroscience at the University of British Columbia; **Susan Kaiser-Greenland**, founder of Inner Kids and author of *The Mindful Child*; **Linda Lantieri**, Director of the Inner Resilience Program and founding member of CASEL; and **Myla Kabat-Zinn**, co-author of *Everyday Blessings: the Inner Work of Mindful Parenting*.

The Garrison Institute applies the transformative power of contemplation to today's pressing social and environmental concerns, helping build a more compassionate, resilient future.

To learn more about our work, visit www.garrisoninstitute.org.

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