

Association for Mindfulness in Education

www.mindfuleducation.org

2006 Bay Area Lecture Series

* [Jon Kabat-Zinn, Ph.D.](#)

[01/26/06 Thursday at UCSF](#)

Founder of the Stress Reduction Clinic (now the Center for Mindfulness) at the University of Massachusetts Medical Center, author of *Full Catastrophe Living*, *Wherever You Go, There You Are*, *Everyday Blessings*, and *Coming to Our Senses*

* **Mark Greenberg, Ph. D.**

Program Developer of PATHS (Promoting Alternative Thinking Skills), Bennett Chair of Prevention Research, Director, Prevention Research Center, College of Health and Human Development, Penn State University

* **Mirabai Bush**

Executive Director, Center for Contemplative Mind in Society

* **Daniel Goleman, Ph.D.**

Author of *Emotional Intelligence*, and writer on brain and behavioral sciences for the New York Times

2007 Conference

* [Mindfulness in Education Conference](#)

[02/24/07 Saturday](#)

Mindfulness in Education: Laying the Foundation for Teaching and Learning

Mindfulness-based Education is an exciting and important new development in K to 12 education. As a powerful tool to decrease stress, enhance academic performance, and promote emotional and social well-being, mindfulness is increasingly recognized as an essential support for students, teachers, school administrators, and parents.

Mindfulness-based education focuses on developing a person's capacity for attention and awareness. As such, we promote mindfulness training as a foundation for education: mindfulness provides the optimal conditions for learning and teaching, supporting all pedagogical approaches.

Mindfulness training develops skills such as:

- attention and concentration,
- emotional and cognitive awareness and understanding,
- bodily awareness and coordination,
- interpersonal awareness and skills.

Decades of research has shown that mindfulness decreases stress, attention deficit issues, depression, anxiety and hostility while benefiting health, social relations, academic ability, and most important, a sense of well-being. We are dedicated to bringing all these benefits to the field of education.

About Us

[Home](#) [About Us](#) [Contact Us](#) [Resources](#)

Good teachers share one trait: they are truly present in the class room, deeply engaged with their students and their subject...(they) are able to weave a complex web of connections among themselves, their subjects, and their students, so that their students can learn to weave a world for themselves. The connections made by good teachers are held not in their methods but in their hearts.

Parker Palmer, *The Courage to Teach*

The Mindfulness in Education lecture series and 2007 conference is organized by the Association for Mindfulness in Education. AME is a collaborative association of organizations and individuals working together to provide support for the growing interest in including mindfulness training as a component of K-12 education. We are committed to furthering training and research in this field.

AME's steering committee includes:

Gil Fronsdal, Ph.D.

Founding teacher of the Insight Meditation Center in Redwood City, CA. A mindfulness meditation teacher for 16 years, Gil has been teaching mindfulness to children for eight years.

Rev. Paul Haller, M.A.

Abbot of the San Francisco Zen Center and an innovator in bringing mindfulness training to prisons, jails, hospitals, drug and alcohol treatment centers and schools.

Amy Saltzman, M.D.

Amy has been teaching to children, parents, grade school teachers and school administrators for the past five years. She is currently conducting research through the Stanford Department of Psychology, evaluating the benefits of teaching mindfulness to child-parent pairs. She established the Mindfulness program at Kaiser Santa Clara Hospital, where she conducted research on the benefits of teaching mindfulness to patients with chronic pain and illness.

Teah Strozer

Teah has practiced meditation since 1967. She teaches primarily at the San Francisco Zen Center where she created and led retreat programs for teenagers. She earned a K-12 teaching credential with a specialty in music from the University of Southern California Music Conservatory. She is now the Chaplain for the Bay School of San Francisco.

Members of the steering committee can be contacted at info@mindfuleducation.org or by telephone at (510) 524-1996.

Collaborative Organizations

- * [Center for Mindfulness, in Medicine, Health Care, and Society \(CFM\),
University of Massachusetts Medical School](#)
- * [Mindful Awareness Research Center, UCLA](#)
- * [InnerKids Foundations](#)
- * [Center for Contemplative Mind in Society](#)