

Mindfulness and Education



with Spring Washam and Daniel Rechtschaffen

Mindfulness is a technique that fosters inner calm, increased awareness, and a sense of well-being. Now mindfulness is being introduced into school curriculums K-12. Research shows that mindfulness decreases stress, attention deficit issues, depression, anxiety, and hostility in children, while benefiting their health, well-being, social relations, and academic performance. Children can easily learn these techniques, and when learned young, they become lifelong tools.

This daylong will offer educators not only practical techniques for teaching mindfulness, but also instruction for teachers, administrators, child care providers, family therapists, and parents who want to cultivate their own mindfulness practice for greater stress relief, presence, and emotional balance.

Date: February 5, 2011

Time: Saturday 9:30 am - 5:00 pm

East Bay Meditation Center www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and specify "Mindfulness & Education."

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation

Center. She currently teaches retreats, classes and workshops throughout the country.
www.springwasham.com



Daniel Rechtschaffen, MA, MFT Intern, is a psychotherapist and meditation teacher in the San Francisco area who integrates cutting-edge psychological techniques with ancient wisdom traditions. He leads meditation and embodiment therapy groups in his private therapy practice as well as at various retreat

centers. Daniel convenes a yearly national conference on mindfulness in education at the Omega Institute as well as being one of their core meditation teachers. More information can be found at www.nowcounseling.com