Training the world’s educators in mindfulness

Online and in-person courses for adults to learn mindfulness and share it with youth. Join graduates from 60 countries who have reached over 200,000 children and adolescents.

OUR COURSES

• 3-tiered course lineup
• Community of 6,000+ grads worldwide from schools & organizations
• Training team with the most collective on-the-ground experience in the mindfulness & education field

What is Mindfulness?

Mindfulness is three attention skills working together. It needs to be practiced, just like music, art, or sports.

CONCENTRATION

The ability to focus on what you want, when you want.

CLARITY

Clearly knowing what you are experiencing, as you are experiencing it.

EQUANIMITY

Developing a non-reactive relationship to experience.

Benefits of Mindfulness:

The Mindful Schools curricula provide exercises to decrease toxic stress and impulsivity and increase attention, emotion regulation, classroom engagement and compassion.

These skills are particularly critical for children who routinely experience high levels of stress inside or outside of school.

TESTIMONIALS

“After 30 years in Education, this is the best training I’ve ever been to.”
“This faculty sets the gold standard in the youth mindfulness field.”
“I implemented more from that weekend than from any other training.”

MEDIA COVERAGE

IN THE PRESS

Recognized in Time Magazine cover story, “The Mindful Revolution”

FILMS

Featured in Room to Breathe

Presented in Healthy Habits of Mind with neuroscientist R. Davidson

www.mindfulschools.org