Mindfulness in Kindergarten Through University: Restoring the Heart to Teaching and Learning

Keynote by Linda Lantieri
Linda Lantieri serves as director of The Inner Resilience Program. The program’s mission is to cultivate the inner lives of students, teachers, and schools by integrating social and emotional learning with contemplative practice. Linda is one of the program’s co-founders and serves as a senior program advisor for the Collaborative for Academic, Social and Emotional Learning. To learn more about Linda, click here.

18 Breakout Sessions
Breakout sessions will include:
- Secondary School Mindfulness: Inviting Plugged-In, Stressed-Out, Sleep-Deprived Teens to Stillness
- A Breakthrough Story: The Development of Mindfulness Within a School of Character
- Grassroots Delivery of Mindfulness in a School District
- Oxygen Mask: Caring for the Adults So They Can Care for the Children
- Mindfulness in Early Childhood
- Mindfulness and Yoga in the K-8 Therapeutic Classroom

Mindfulness Across Professions: Opening Hearts to Support Children, Youth, and Families

Keynote by Brandon Nappi
Brandon Nappi is the founder and executive director of the Copper Beech Institute and the associate director at Holy Family Passionist Retreat Center. He is a mindfulness teacher, speaker, and writer and passionately believes in the capacity of the human spirit to awaken. To learn more about Brandon, click here.

16 Breakout Sessions
Breakout sessions will include:
- Teaching Mindfulness in a Maximum Security Prison
- Mindful Maneuvers: Using Breath, Body, Mind with Military and Veterans
- An Introduction to Mindfulness-Based Recovery Promotion
- Promoting Child Well-Being Through Mindful Parenting

Lunch Speaker: James Tillman
James Tillman, a former CREC employee and author, was wrongfully accused of a crime and spent 18 years in prison before DNA testing exonerated him in 2006.