

Mindfulness Meditation for Educators

**Eight Tuesday Evenings:
April 21st through June 9th, 2009**

**ACT 48 credits available*

Learn to use mindfulness meditation and mindfulness-based techniques to deepen and enrich your practice of teaching and learning.

This eight-week program will provide comprehensive training in a variety of effective mindfulness-based practices which can revitalize the practice of teaching. Mindfulness-based stress management techniques will be adapted to help participants develop a comprehensive approach to personal stress management and for use in mindfulness-based education. Classes will include discussions, lectures, mindfulness meditation practice, and interactive experiential exercises. The program was designed to enhance teaching and learning as well as personal and professional satisfaction.

You will learn to:

- Bring mindfulness-based tools into the classroom
- Manage personal and professional stress
- Increase focus and productivity
- Cultivate coping and balance
- Develop a personal mindfulness meditation practice.

Location The Ralston Center, 3615 Chestnut Street

Cost \$395

Times 6:00pm – 8:30pm

For more information go to
www.pennhealth.com/stress.
Call 215-615-2774 or email
stress.management@uphs.upenn.edu.
to join our mailing list.

**Classes taught by Michael Baime M.D.
and Irene McHenry, PhD.**



Michael J. Baime, MD, is a Clinical Associate Professor of Medicine at the University of Pennsylvania School of Medicine and the founder and Director of the Penn Program for Stress Management. At Penn, Dr. Baime has developed and led numerous courses about mindfulness meditation and mind-body medicine. He received the Provost's Award for Distinguished Teaching in 2006. He has taught mindfulness to hundreds of teachers, administrators and students in numerous area schools.



Irene McHenry PhD is the Executive Director of the Friends Council on Education, an international network of Friends schools. Irene designs and leads professional development programs for faculty, trustees and administrators in schools across the country. She has been teaching mindfulness skills as a clinician and workshop leader for the past fourteen years and is the coeditor of the 2009 book *Tuning In: Mindfulness in Teaching and Learning*.

"The program was phenomenal. It transformed my classroom and my entire professional life. I can't recommend it strongly enough for anyone interested in teaching, learning, and growth."

— Leann Tepsich-Cox, Library Media Specialist - Harrisburg City School District

PENN Program for Stress Management
Mindfulness-Based Tools for Living

More than 5,000 graduates trained in mindfulness and Mindfulness-Based Stress Management since 1992.



Penn Medicine

800.789.PENN pennmedicine.org