

(b)

Research has proven that **mindfulness** training integrates the brain and **strengthens** the important executive functions that support **emotional** and social intelligence as well as academic **success** ...

iBme programs introduce young people to mindfulness through guided **meditation**, mindful movement, small group discussions and fun group activities. **Participants** in our programs learn self-**awareness**, empathy, techniques to calm and focus the mind, and mindful **communication**...

Our model guides young people in developing compassion and ethical decision making and **empowers** them to apply these skills in improving their lives and communities.

(c)

**Summary**

An ethical, non-profit organisation offering mindfulness techniques which help teenagers become more balanced and calm, and benefit society.