



**INWARD BOUND
MINDFULNESS EDUCATION**



The Value of Mindfulness

Mindfulness is paying attention to what is happening in the present moment with kindness and curiosity. Research has shown mindfulness benefits include:

- increased self-awareness,
- improved focus,
- decreased stress and anxiety,
- skillful responses to difficult emotions, and
- increased empathy

"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. Offering mindfulness retreats for teens is a natural way to set them on the right course not only now, but for the rest of their lives."

- Dan Siegel, M.D., Founding Co-Director of UCLA's Mindful Awareness Research Center

How Does iBme Teach Mindfulness?

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—the foundations for success in all areas of life. Our programs also apply mindfulness skills to daily life, connecting with nature and creative expression.



Expertise Informed by Experience

As a national nonprofit, iBme offers in-depth mindfulness programming for young adults, and the parents and professionals who support them.

Our model guides participants in developing self-awareness, compassion, and ethical decision-making, and empowers them to apply these skills in improving their lives and communities. Our commitment to social justice informs all aspects of our programming.

Our diverse teachers and staff have decades of experience teaching mindfulness and working with youth; many are leaders in the growing field of mindfulness education. Our staff bring years of personal mindfulness practice into their roles as mentors, where they model authenticity, compassion, and respect.

Research on the impact of iBme retreats has shown that, after attending a retreat, teens experience increased self-compassion and life satisfaction, and decreased rumination and reactivity.

Transformative Retreats & Programs
For Teens, Parents, & Professionals

Our Programs

Youth Retreats

Our 3-10 day retreats teach teens (15-19) proven awareness and concentration practices. Through guided mindfulness meditation, small group discussions, and dynamic workshop activities, participants learn how to settle a busy mind, direct and sustain attention, investigate emotions and thoughts, cultivate compassion, and communicate with their peers.

Wilderness Retreats

Our Wilderness Program provides opportunities to cultivate mindfulness within the context of an immersive wilderness experience. These retreats combine the awareness, concentration, and relational practices of our standard retreats with nature practices that ground and deepen our connection with the earth. We offer wilderness retreats for parents, teens, and young adults.

High School and College Programs

We partner with high schools, colleges, and universities to lead our unique retreats for students. We've partnered with various institutions including Harvard University, UCLA, and the University of Virginia. We also offer introductory workshops and one-day seminars for students and teachers to support existing school mindfulness programs.

Professional and Parent Programs

The iBme model has proven to be extremely beneficial for parents and professionals who work with youth. We offer introductory mindfulness retreats for parents and teachers, as well as professional development programs for teaching mindfulness to youth. Beginning in 2017, iBme will inaugurate our Mindfulness Teacher Training for professionals working with young adults (high school and college age). This one-of-a-kind in-depth program will train participants in all of the elements of the iBme model, as well as the science of mindfulness and its application to adolescent development.

"Transformative"

Young adults and parents regularly share that iBme programs are transformative. More than 50% of participants return for future retreats, and demand for our programs continues to grow across the US and beyond.

"I just want you to know the deep appreciation I have for what you and your team do in this world. The space that you provided for my son and the teens you serve is so very precious..."

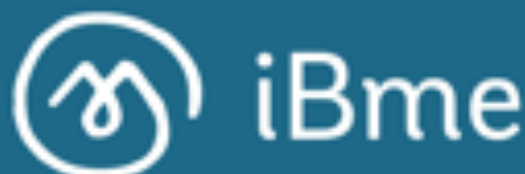
-Katie, mother of teen

"It seriously changed my life. I am a much happier, more open person. I feel more connected to myself and to others... thank you for changing my life, and for giving me the tools to be happy."

-Camille, Age 16

"At this moment I feel I have learned more lessons about myself and others in the past five days than I did in the last year of school."

-Ben, age 17



Contact Us

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