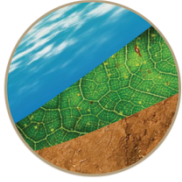


Mindfulness in Nashville Education

Hosts its fourth community forum, presenting



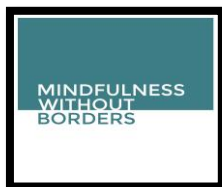
mindfulness without borders

Saturday, July 19, from 10:00 am – 11:30 am

John Trotwood Moore Middle School Library
4425 Granny White Pike, Nashville, TN 37215

This forum is for parents, educators and community providers

- *Learn about internationally known and scientifically researched curriculum “mindfulness without borders” directly from **founder Theo Koffler** and **senior facilitator Jasmin Zeger***
- *Explore an interactive council process to discover how this process can help build social and emotional competencies in adolescents and the teachers who train them*
- *Experience first-hand how introducing these soft skills to adolescents can help individuals examine the processes by which they think, feel and act.*



Mindfulness Without Borders (MWB) brings best practices in mindfulness-based social-emotional learning to youth and the professionals that surround them. Through professional training workshops and youth-centered activities, our programs place high priority on developing an intelligence of the heart – to bolster positive emotional development, critical thinking, resilience, and overall well-being.

For more information email mindfulnessinnashville@gmail.com