Mindfulness Education & Youth Development

Web Resources:

Association for Mindfulness in Education: www.mindfuleducation.org

ChildLight Yoga/Yoga 4 Classrooms: www.childlightyoga.com

Communicating Mindfully: http://communicatingmindfully.homestead.com

Inner Explorer: http://innerexplorer.org

Inner Kids: www.susankaisergreenland.com

Inner Resilience Program: www.innerresilience-tidescenter.org

Mind Body Awareness Project: www.mbaproject.org

MindUP/The Hawn Foundation: http://thehawnfoundation.org/mindup

Mindful Life: http://mindfullifetoday.com

Mindful Schools: http://mindfulschools.org

Mindfulness for Children/Annaka Harris: http://annakaharris.com/mindfulness-for-children

Mindfulness in Education Network: www.mindfuled.org

Mindfulness Without Borders: http://mindfulnesswithoutborders.org

Mindfulness in Schools: http://mindfulnessinschools.org

Mindful Teachers: www.mindfulteachers.org

Still Quiet Place: www.stillquietplace.com/

Stop, Breathe, & Think App: www.stopbreathethink.org

The Way of Mindful Education: http://danielrechtschaffen.com

~for more information & resources, or to share, partner and explore:

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