



Mindfulness Retreat: Reducing Stress & Improving Classroom Performance

April 20-21, 2018

California Institute for Human Science, Encinitas, CA

Event Organizer: Karen Lim, Professor Emerita, English, San Diego City College

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For full retreat details <http://www.teqams.com/>

Objectives:

- 1) Teachers will learn how to reduce stress and burnout through experiencing and practicing meditation, yoga and sound healing.
- 2) Teachers will learn how to raise student achievement by reducing the hidden learning disability of anxiety, stress, and trauma in their students.

Purpose: Heal the body, mind and spirit to better serve your students and clients; experts in their fields will teach meditation, yoga, and share the latest on brain research.



Dr. Janet Zadina, as founder and CEO of **Brain Research and Instruction**, she teaches and models best practices in educational neuroscience when presenting keynote speeches and workshops worldwide. Author of *Multiple Pathways to the Student Brain*, *Six Weeks to a Brain Upgrade*, and *Six Weeks to a Brain-Compatible Classroom* <http://www.brainresearch.us/Bio.html>



Dr. Ji Hyang Padma, as Director of Comparative Religion & Philosophy Program at California Institute for Human Science (Encinitas, CA), she also leads retreats at Omega Institute and Esalen Institute. Her teaching draws on over twenty years' experience, including fourteen years as a nun in the Korean Zen tradition. Author of [Living the Season: Zen Practice for Transformative Times](#)

Registration Fees: \$275 on/before March 19, 2018; \$325 after March 19, 2018

Partial proceeds will go to donorschoose.org (teachers' need-based classroom projects)



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