

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

karenlimretreat2018@gmail.com 858-229-6648

<http://www.teqams.com/>

For full retreat details

Objectives:

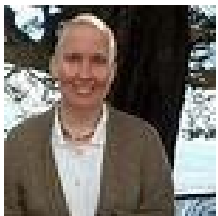
- 1) Teachers will learn how to reduce stress and burnout through experiencing and practicing meditation, yoga and sound healing.
- 2) Teachers will learn how to raise student achievement by reducing the hidden learning disability of anxiety, stress, and trauma in their students.

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** teaches and models best practices in educational neuroscience.

Author, *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, [Living the Season: Zen Practice for Transformative Times](#)

Registration Fees: \$325 on/before March 19, 2018; \$375 after March 19, 2018

Partial proceeds will go to donorschoose.org (teachers' need-based classroom projects) Lunch will be provided both days and certificate of completion will be given.

Nursing CEUs available two-unit course through California Institute for Human Science (CIHS)

[Register Now](#)

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