

The Garrison Institute's Initiative on Contemplation & Education presents

Awareness and Concentration in Teaching™

Weekend Retreats for Teachers at the Garrison Institute

Fall session

September 14-16, 2007 and October 5-7, 2007

Spring session

February 8-10, 2008 and March 7-9, 2008

Teaching is one of the most rewarding professions; it can also be one of the most difficult. Growing demands—from the academic workload to working with students impacted by poverty, violence and divorce—can add up to a highly stressful environment for teachers. Studies show that helping teachers cope with such stress effectively does more than reduce burnout: It allows them to be role models for healthy social and emotional behavior and improves educational outcomes for students.

In the 2007-2008 school year, the Garrison Institute's Initiative on Contemplation & Education will offer its first trainings for teachers introducing an evidence-based set of practical skills. These skills will help you reduce stress, improve your mental concentration and emotional awareness and facilitate responsiveness. You will be able to apply these in the classroom so you can consistently be the caring, compassionate teacher you are.

These skills include relaxation, movement, deep listening, emotion-awareness training developed by Paul Ekman, Ph.D., and much more. The training has been developed by a team of researchers, educators, psychologists and experts in contemplative practice and will be conducted by former teacher and teacher educator Patricia Jennings, M.Ed., Ph.D., director of the Initiative on Contemplation & Education and a faculty researcher at San Francisco State University's Department of Child and Adolescent Development.

The spring and fall sessions each offer 37 hours of training over two weekends. Tuition is \$500, which includes training, housing and meals Friday evening through Sunday afternoon. Continuing Education Units (CEUs) will be available for an additional cost. The Garrison Institute is now accepting applications for scholarships based on need. To register or request information, please contact Liz Law at liz@garrisoninstitute.org or 845.424.4800 x115.

The Garrison Institute's mission is to apply the best of the world's contemplative practice traditions to key social issue areas in an evidence-based, intellectually rigorous way. Located in a beautifully renovated monastery overlooking the Hudson River, the Institute is one hour north of New York City. To learn more about our work, visit www.garrisoninstitute.org.