

The Garrison Institute's Initiative on Contemplation & Education presents

# Developmental Issues in Contemplative Education

April 4 - 6, 2008

This symposium of the Garrison Institute's Initiative on Contemplation and Education will examine current issues in contemplative education with a focus on mindfulness training for young people across age groups and settings. An interactive, experiential and analytical format will integrate demonstrations of promising school-based mindfulness practices, commentary by developmental scientists and discussion in a contemplative format.

Mainstream schools are increasingly integrating contemplative practices within curriculum. As heightened media coverage suggests, the public is very interested in school-based contemplative techniques. However, insufficient research exists to guide curricular development in this area. The most pressing questions concern how to identify the most promising developmentally appropriate contemplative practices.

How can mindfulness practices for children be adapted to meet developmental needs with attention to multiple domains: cognitive, biological, socio-emotional, and spiritual? How can mindfulness practices contribute to desirable outcomes in youth development by promoting self-regulation of cognitive and emotional functions?

The Garrison Institute's mission is to apply the transformative power of contemplative methods to solve pervasive social and environmental challenges in order to create a more compassionate and resilient world. 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](http://www.garrisoninstitute.org).



Daniel Siegel

#### The symposium will feature:

- Opening keynote address by Daniel Siegel, author of *The Developing Mind* and *The Mindful Brain*
- Contemplative presenters and scientists will explore the developmental implications of a variety of mindfulness-based activities for children and youth
- Opportunities for networking, reflection, contemplative practice and group discussion

The cost is \$500 including single room, board and program. For more information or to register for this symposium, email the Garrison Institute at [retreats@garrisoninstitute.org](mailto:retreats@garrisoninstitute.org) or call 845.424.4800.

# Garrison Institute Registration Form

PLEASE COMPLETE IN FULL AND PRINT CLEARLY

Mail to: Garrison Institute, PO Box 532, Garrison NY 10524

## Developmental Issues in Contemplative Education

April 4 – 6, 2008

Name \_\_\_\_\_ Gender \_\_\_\_\_ Year Born \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Profession/Occupation \_\_\_\_\_

May we add you to our email list? Yes \_\_\_ No \_\_\_

Have you been to the Garrison Institute before? Yes \_\_\_ No \_\_\_

If yes, is this a new address? Yes \_\_\_ No \_\_\_

How did you hear about this retreat? \_\_\_\_\_

Retreat costs include program fee, room and meals for 2 nights:

- Single \$500
- Double \$470
- Dorm \$440 (*located on the 4<sup>th</sup> floor, limited availability*)
- Commuters \$360

Roommate preference \_\_\_\_\_

Retreat Payment total: \$ \_\_\_\_\_

Amount \$ \_\_\_\_\_ \*indicate full payment **or** \$200 deposit (required to reserve space)  
If sending deposit, please note the remaining balance is due no later than **Wednesday, March 26<sup>th</sup>**.

Please indicate any physical disabilities to assist in assigning your room (*there is no elevator*) \_\_\_\_\_

\_\_\_\_\_ I am paying by check made out to Garrison Institute

\_\_\_\_\_ I am paying by credit card (Visa, MC, AMEX, or Discover)

Credit Card # \_\_\_\_\_

Exp date \_\_\_\_\_ Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

You may FAX this registration to Garrison Institute at 845-424-4900 (*credit card only*). A confirmation letter will be sent to you once registration and payment in full is received.

***The cancellation fee is \$60. Cancellation fees are donated to our scholarship fund.***