

Bridging contemplation, science and social change.





For over a decade, the Garrison Institute has been a pioneering force in the spread of contemplative wisdom and practices throughout society.

We offer a space where awareness and openheartedness are nurtured as essential skills for navigating our complex lives and facing the pressing social challenges of our time.

The Garrison Institute works at the interface of mind training, scientific research and the practical application of contemplative methods in the fields of education, trauma care and the environment. We welcome lay people and professionals from all walks of life, including educators, caregivers, aid workers, and environmental and social justice advocates serving on the front lines of social change. They come to engage in deep reflection, cultivate wisdom and compassion, connect more deeply with others, and together seek solutions to intractable social and environmental problems, from underperforming schools to climate change.

Our work has helped to raise awareness of the practical and personal benefits of mindfulness and other contemplative practices, which are widely trumpeted in the media these days. In addition to supporting personal development through retreats, our programs have established contemplative-based models that foster discernment, greater



communication skills, ethical leadership and compassion – qualities that strengthen resilience at the personal, community and systems levels.

Over the next few years, we will deepen the impact of our programs by disseminating them more widely through

various partnerships and digital platforms. We will also expand into new arenas to support international humanitarian aid workers and front-line professionals who help low-income communities affected by climate change. And we will continue to ground our work in scientific research to show the efficacy of contemplative-based approaches to human development.

Our programs are helping to catalyze a seismic shift in society, as recognition of the benefits of contemplation continues to grow. We are privileged to be at the forefront of this exciting change as participants in our programs take contemplative practices into their lives, work and communities.

We are deeply grateful for the interest and support of people like you who are helping us build a more compassionate and resilient future.



“My previous experience participating in the CARE for Teachers retreat was life-changing. My experience in the facilitator training has strengthened my commitment to help it grow worldwide.”

“I hope to be able to use the regulation strategies I have learned to change the way I react to students when they push my buttons.”

CONTEMPLATIVE TEACHING AND LEARNING

Educating open hearts and minds.

Our Contemplative Teaching and Learning Initiative (CTL) introduces educators to contemplative techniques that enhance their well-being and help them create healthy school environments that support children emotionally, socially and academically.

Research shows that contemplative practices deepen teachers’ resilience, compassion, attention and emotional self-regulation. They also help reduce teacher stress and burnout, while improving classroom environments and educational outcomes.

In November, we held our annual contemplative education symposium, supported by the 1440 Foundation and entitled, “Mindfulness in Education: Cultivating the Social and Emotional Competencies of Educators.” It convened about 100 professionals who train and support educators, including faculty at schools of education, district staff, and professional development specialists. The symposium explored how contemplative practices can be integrated into formal systems of teacher training, and laid the groundwork for future collaborations with schools of education and other institutions that train teachers.



The Garrison Institute is a pioneer and leader in the movement to bring a contemplative approach to teaching and learning. At the Institute, teachers work together to develop ways they can apply the wisdom

of contemplation and the practice of mindfulness in the classroom.

Documenting and Disseminating CARE

CARE for Teachers (Cultivating Awareness and Resilience in Education) is the Garrison Institute’s professional development training program for K-12 educators, designed to help them handle stress and improve learning environments and outcomes. In 2012, the US Department of Education’s Institute of Educational Services (IES) awarded a major grant to Pennsylvania University, Fordham University, and the Garrison Institute for a four-year, in-depth study of CARE’s impact on students and teachers in 32 New York City elementary schools.

The first two phases of the research were conducted during the 2012-2013 and 2013-2014 academic years, gathering data on hundreds teachers and thousands of students.

As demand for CARE continues to build, we are working to develop ways to disseminate the program. In March, we conducted the first CARE training in the San Francisco Bay area, supported by the Panta Rhea Foundation, the S. H. Cowell Foundation and the 1440 Foundation.

In February, CARE senior faculty met with educators to design and implement a formal CARE facilitator training and certification process, an important step in expanding

the CARE program while preserving its integrity and quality. The first CARE facilitator training course was held in August concurrently with our Sixth Annual CARE Summer Retreat, which attracted 40 educators from as far away as Australia, Norway, Canada and Colombia.



Sharn Rocco, Ph.D is an Australian researcher and teacher educator who also teaches Mindfulness-Based Stress Reduction and calm abiding meditation. In 2013, she was a scholar-in-residence at Garrison Institute. Next year, she will lead the first CARE training in Australia.

“In classrooms across the country and around the world, teachers are incorporating mindfulness and other contemplative practices into their work as educators. In the course of a ten-year career, a single teacher will impact the lives of 250 students. In the same time, a single teacher-educator will influence how 1,000 teachers will teach. That’s a big responsibility and a powerful opportunity.”





"It was a rare luxury to be able to become totally immersed in climate change and sustainability and learn the latest thinking on the subjects from such a broad range of participants. It has certainly reinvigorated my efforts in climate change education."

"I think one of the most interesting take-aways for me was the reflection on the overall state of the environmental movement in our moment of history and having the opportunity to discuss it within a broader perspective."

TRANSFORMATIONAL ECOLOGY

Strengthening our response to climate change.



Our Initiative on Transformational Ecology (ITE) applies insights into patterns of thought and behavior from current scientific research in many disciplines, and draws on contemplative-based approaches to develop

strategies for shifting how we engage with the environment and respond to the challenges of climate change. Instead of striving to sustain a fixed equilibrium with our planet, we can embrace our place in the natural world, adapt to change and build resilience.

Climate, Mind and Behavior

The Climate, Mind and Behavior (CMB) program explores the human dimensions of addressing climate and energy issues and building resilience. CMB tracks behavioral research on US energy consumption and emissions, identifies effective behavioral approaches, adapts them for the field and disseminates them through learning networks. CMB's core operations are supported by the Betsy and Jesse Fink Foundation, the Kendeda Foundation, the Kresge Foundation and the Lost & Foundation. Our partner organizations include leading research universities, Enterprise Community Partners, the Urban Land Institute, the U.S. Green Building Council (USGBC) and the Urban Sustainability Directors Network (USDN) of over 100 cities.

Symposia

In June, 100 researchers, environmental and community leaders, policymakers and journalists convened at our eighth annual CMB symposium, "Variation and Diversity in Sustainability and Climate Work," supported by the Skoll Global Threats Fund and NYSERDA. Presenters included National Geographic Society Explorer Wade Davis and Andrew Revkin, whose *New York Times* Dot Earth post about his CMB panel sparked a broad public discussion of the symposium.

Our second annual Climate, Cities and Behavior symposium, "The Human Dimensions of Resilient and Sustainable Cities" took place in March, with support from the JPB foundation, USGBC and NYSERDA. 100 sustainability managers, municipal leaders, urban planners and nonprofit professionals explored behavioral strategies and best practices for reducing energy consumption and developing more resilient urban communities.



In September 2013, we held our sixth annual Climate, Buildings and Behavior symposium, supported by Enterprise Community Partners, Inc., USGBC and NYSERDA. It convened 60 for-profit and not-for-profit real estate professionals, building industry experts and social science researchers working to cut energy consumption and operations costs in multifamily residential and commercial buildings.

Regional Activity

Symposia participants in New York, Charlotte, Boston, Denver and the Pacific Northwest held professional development sessions on resilient cities, transformative leadership, learning networks and marketing behavior change programs. The Bullitt Foundation and Boeing Global Corporate Citizenship funded a demonstration project in Seattle, led by Milepost Consulting, for energy and carbon savings using a new methodology for behavior audits in commercial and multi-family buildings.

With support from the Kresge Foundation, CMB collaborated with USDN and the City of Charlotte to implement our "behavior wedge profile" in Charlotte, Boston, Miami, Baltimore and Park City, Utah. The "profile" is a low-cost tool cities can use to identify ways to reduce residents' energy consumption.



"The potential energy footprint of a well-designed building is often very different from the actual energy footprint, because it all comes down to how we behave...The high-level approach to shifting behaviors is to work on shifting awareness."

Peter Senge, Ph.D is the founding chair of the Society for Organizational Learning, a senior lecturer at the Massachusetts Institute of Technology, and a longtime collaborator and member of our Advisory Council. At our 2013 Climate, Buildings and Behavior symposium, he gave the keynote talk on "Systems Thinking and the Gap Between Aspirations and Performance."



“There is an unconscious ripple effect of sitting on this stuff. I thought that because there was no support system set up [for humanitarian aid workers, it] meant that no such support system was needed. In fact, it’s the reverse.”

“You have no idea how much you have helped me. I am much more relaxed right now and try to meditate or at least to do active breathing as much as I can. I already feel much more connected and focused in the present moment, rather than in the future, as I used to do.”

TRANSFORMING TRAUMA

Fostering humanitarian aid workers’ resilience.



Our Initiative on Transforming Trauma (ITT) develops and implements programs that promote well-being and resilience for professionals and organizations working with people who suffer trauma, loss or dislocation.

A growing body of research and clinical work suggests that contemplative methods, such as meditation and yoga, can build greater resilience for caregivers and service providers. We integrate contemplative methods with psychosocial education about trauma and professional network building to help organizations better serve their clients and affected communities.

Contemplative-Based Resilience Training

In July 2013, we launched our new Contemplative-Based Resilience Training (CBRT) program, which addresses the specific needs of aid workers who respond to natural disasters, provide relief in active and post-conflict settings, or work to redress other traumatic or disruptive conditions in developing countries.

CBRT is designed to help aid workers cope with intense stress and thrive in their critically important work. In 2013, it was funded by the William H. Donner Foundation, the Hemera Foundation, JPB Foundation and the Lost & Foundation.



To prepare for our first CBRT program for aid workers, in March, we held a workshop with field experts to review and refine the curriculum that had specifically been designed for aid workers by Sharon Salzberg and a team of international experts in psychology, trauma, education, meditation and yoga.

Our pilot program attracted humanitarian aid workers from nine countries, who told us that the training changed their lives by enabling them to cope more effectively with the stresses and hazards of their work. Subsequent CBRT trainings in Europe and Africa and at the Institute are planned for 2014.

Our CBRT Program Manager, Teresa I. Sivilli, and University of Arizona researcher Thaddeus Pace completed the first draft of a white paper, funded by the JPB Foundation. The paper integrates findings from more than 280 interdisciplinary research studies on contemplative practice and makes an evidence-based case for

how and why contemplative practices can help build and maintain psychological and physical resilience. A team of leading contemplative science researchers and resilience expert Andrew Zolli reviewed the draft during a two-day meeting at the Institute in May, providing feedback for revisions.

The published paper, “The Human Dimensions of Resilience: A Theory of Contemplative Practices and Resilience,” is available at www.garrisoninstitute.org/cbrt-white-paper. Based on its findings, the Institute is planning to apply resilience-building approaches in low-income communities impacted by climate change.

Contemplative Care

In 2012, ITT collaborated with the New York Zen Center for Contemplative Care (NYZCCC) to co-present the first national public symposium on end-of-life and palliative contemplative care. In 2013, we worked with NYZCCC to develop a second Contemplative Care symposium on “Communication and the Interpersonal Relationship Within Palliative and End-of-Life Care.” Planned for November 2014 at the Institute, the program will offer caregivers the chance to discover how contemplative skills can deepen their connection with patients and improve patient and self-care.

Carla Uriarte teaches the psychosocial education component of our Contemplative-Based Resilience Training program. As founder and leader of the psychosocial support unit for Médecins Sans Frontières, she has worked in Africa, Latin America and the Middle East.



“In the last 15 years, aid agencies have recognized their staffs’ need for psychosocial support, but few have the capacity. That’s why the Garrison Institute created CBRT. My own experience teaching it as well as my years of observation of what works for aid workers in the field indicates this kind of training really could meet aid workers’ needs.”



"To be a guest at the Garrison Institute is like being on a cloud of compassion, and being cared for. All of the staff project serenity, loving kindness and attention to detail."

"The LGBT retreat at Garrison was my first meditation retreat. I can't imagine a better place to deepen my practice. I learned so many incredible things while I was there. I truly feel like my daily life has shifted in dramatic ways since tapping into such important and rare guidance."

RETREATS

Transforming our world one person at a time.



Whether spiritual or secular, our retreats enable everyone, from first-time meditators to seasoned practitioners, to cultivate qualities and skills such as empathy, compassion, and resilience that transform the way they respond to the challenges of daily life.

Participants learn to reduce stress, deepen self-awareness, connect emotionally, develop self-acceptance and foster compassion—all benefits of contemplative practices. Many of our retreats help professionals change how they approach their important work — teaching, caregiving, human services, social justice and environmental advocacy.

Over Independence Day weekend, Sharon Salzberg and Rachel Cowan led our second annual "Foundations of Contemplative Practice" retreat for new practitioners, tracing an accessible, non-sectarian "path to inner freedom" through the practice of lovingkindness (also known in the Jewish tradition as *chesed*).

In April, we held our second annual retreat for LGBT communities. "Transforming Ourselves, Transforming the World," led by Larry Yang and Maddy Klein, drew on Buddhist practices of mindfulness and loving kindness to deepen insight "into the truth about ourselves and the conditions in which we live, while cultivating an open heart and an inner home."

In November, we held "Practicing Justice: Transformation for Social Change," a retreat for social justice activists led by angel Kyodo williams and co-facilitated by Claudia Horwitz and Rusia Mohiuddin. One in a series of retreats the Institute organizes to support leaders from social justice organizations, it offered participants scholarships funded by Kalliopeia Foundation.

In 2013, we offered our Tibetan Buddhist retreats to a wider audience through our Himalayan Scholarship Fund, supported by The Gere Foundation and the Walker Family Foundation. The Fund enabled Tibetans and people of Himalayan heritage to attend our retreats including Jewel Heart's annual spring and fall retreats with Garrison Institute spiritual advisor Gelek Rinpoche, and an August Dzogchen retreat on "Knowing the Nature of Mind" with the Ven. Chokyi Nyima Rinpoche.

We also welcomed experienced meditators to personal retreat weekends to engage in silent, self-guided retreats in the Institute's supportive contemplative setting.

A meditation practitioner and Kripalu yoga teacher, **Claudia Horwitz** is the founder of The Stone House, an NGO dedicated to supporting activists and their work through spiritual practice and principles. Zen teacher **Rev. angel Kyodo williams** is the founder of the Center for Transformative Change and the author of *Being Black: Zen and the Art of Living with Fearlessness and Grace*. She and Claudia Horwitz, the founder of The Stone House, designed and led our 2013 "Practicing Justice" retreat.

Horwitz and williams have a long relationship with the Institute, having co-led retreats including Stone Circle's "Spiritual Activism: Claiming the Poetry and Ideology of a Liberation Spirituality" in 2005; our 2013 Climate, Mind and Behavior symposium, during which Rev. williams led participants in meditations; and the 2013 "Practicing Justice" retreat, which Horwitz and williams designed and led together.



"Contemplative practice sustains social movement work which is not easy to do over the long haul. The various traditions and practices people are grounded in carry with them a kind of wisdom that is so needed everywhere. In part, that's what allows these activists to show up for this work of crossing boundaries."



"By turning their attention inward, social justice advocates can learn to embody justice on a personal level, and have a more balanced relationship to it. Then justice isn't something to be fought for, it's something to be."



In 2013, nearly 5,000 people participated in over 80 retreats at the Garrison Institute with teachers from diverse spiritual traditions and secular organizations working to effect positive social change in the world.

Our retreats focused on teaching and deepening contemplative practices such as mindfulness and compassion meditation to help people from all walks of life succeed and thrive in their work and lives.



INSTITUTIONAL GROWTH

2013 was a landmark year for the Institute.



As we celebrated our tenth anniversary and reflected on the achievements of our first decade, our vision for our second decade came into focus. We entered a new phase of our history as our founders welcomed new

board leadership. As public awareness of mindfulness and the benefits it confers exploded, participation in our retreats and programs grew by double digits. We also launched new programs that increased the range of settings in which contemplative practices are used to engage social and environmental issues.

Here are some current indicators of the Institute's growth and evolution:

- Some 45,000 people participated in our retreats and programs since we opened our doors in 2003, including well over 4800 participants in 2013. That's an increase of 28% over 2012.
- We hosted 82 retreats and events, up from 72 in 2012.
- Of these, our Retreats department organized and presented seven Garrison Institute-sponsored contemplative retreats. They were designed to be accessible and relevant to first-timers, underserved communities and people working on the front lines of social change.
- Under a US Department of Education grant, researchers implemented the second phase of a four-year in-depth study of our CARE for Teachers program in 34 New York City elementary schools.
- Responding to growing demand for CARE training across the US and abroad, our Contemplative Teaching and Learning Initiative expanded CARE trainings and launched a program to train and certify CARE facilitators.
- Our Climate, Mind and Behavior (CMB) program held three major, national symposia attracting hundreds of leaders in sustainability and climate-related fields
- John McIlwain, Senior Resident Fellow at the Urban Land Institute, became the Director of CMB.
- Our Initiative on Transforming Trauma launched the new Contemplative-Based Resilience Training (CBRT) program and conducted the first CBRT training for humanitarian aid workers.
- In June, executive management consultant Peter J. Miscovitch became chair of the Institute's Board of Trustees, succeeding the Institute's co-founder and director emeritus Diana Calthorpe Rose.
- In July, Denise Clegg joined the Institute as Deputy Executive Director of Development and External Relations.
- We organized two successful tenth anniversary events in Manhattan, including a gala dinner where donors and supporters gave over \$450,000, and *In the Spirit*, a breathtaking benefit concert of spiritually-themed music from around the world curated by Philip Glass. We also produced a tenth anniversary video and a book-length anthology "Essays from the Garrison Institute: Ten Years of Impact 2003 – 2013." Both are available at www.garrisoninstitute.org.

In the Spirit

Our benefit concert at Manhattan's Town Hall in October was a beautiful, inspirational occasion. Under the artistic direction of composer and longtime Institute supporter **Philip Glass**, it celebrated the Institute's tenth anniversary by presenting virtuoso musicians from around the world to an audience of over 1000 people, layering and connecting diverse musical traditions from the quietly contemplative to the exuberantly ecstatic.

Performers included the Pomerium Vocal Ensemble singing 16th century music of the Counter-Reformation; Wu Man, virtuoso of the *pipa* (Chinese pear-shaped lute); the Scorchio Quartet performing a special arrangement for strings of Glass's composition "Orion – China,"

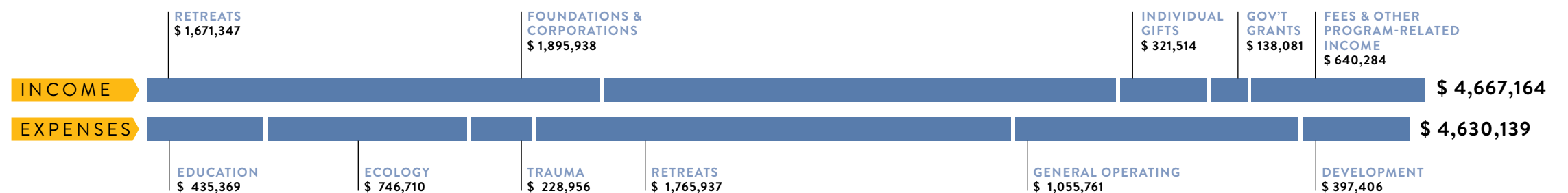
Gambian *griot* Foday Musa Suso singing and playing the *kora*, a West African harp-lute; Turkish master musician Omar Tekbilek



and his son Murat performing a setting of texts by 13th century Sufi poet-saints Yunus Emre and Mevlana Jalaluddin Rumi; the Austin Texas-based group Riyaz Qawwali whose Sufi vocal and drumming style aims to "engender a state of transcendence in the audience."

We are deeply grateful to Philip Glass and all the performers who gave us this gift, and for the generosity of the concert's many supporters and co-sponsors who made it possible.

2013 FINANCIAL REPORT





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With this Annual Report, we wish to honor Rabbi Zalman Schechter who recently passed away. We were blessed by his wise counsel throughout the Institute's life. He deeply believed that the fruit of the contemplative life should be connected to creating a compassionate society. We are committed to carrying on the spirit of his work.

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