

2015 Annual Summary



Garrison Institute: A pioneering force in spreading contemplative wisdom and practices

We believe that contemplation – the practice of reflecting deeply – opens up fresh possibilities and can be an indispensable part of the solution to today’s real-world, human-created problems, from an epidemic of psychological trauma to global climate change.

We convene and support those who are exploring the wisdom, values, and insight gained through contemplative practices to catalyze personal and social transformation.

In 2015, we hosted over 100 contemplative retreats and events for almost 6,000 people. Since our founding in 2003, over 60,000 have joined us for a retreat or event. Our retreats

enable anyone, from first-time meditators to seasoned practitioners, to develop qualities such as awareness, balance, and connection to help them respond to life’s challenges.

Recognized for our work to bring “mindfulness and meditation to the masses,” this year, *The Huffington Post* selected the Garrison Institute to be featured in their Next Ten campaign, which was designed to help causes that will make a significant impact over the next ten years.

With your generosity and support, we will continue to develop and offer programs that cultivate well-being, resilience, and compassion among those who teach our children, care for others, and advocate for positive social change.



2015: A Year of Expansion and New Partnerships

HERE ARE SOME CURRENT INDICATORS OF THE INSTITUTE'S GROWTH AND EVOLUTION:



THE HUFFINGTON POST selected the Garrison Institute to be featured in their Next Ten campaign, which was designed to help causes that will make a significant impact over the next ten years. We were selected for “bringing mindfulness and meditation to the masses.”

OVER 60,000 PEOPLE have participated in our retreats and programs since we opened our doors in 2003, including almost 6,000 participants in 2015.

WE HOSTED 108 retreats and events, up from just over 100 in 2014.

OUR RETREATS DEPARTMENT organized and presented 15 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.

“What I learned will add to my work at the college, in preparing teachers in their committed path of working with children and families...and most likely benefit others in the far reaching future.”

JOY BAUM

WE PARTNERED WITH the Jewish Community Center of Manhattan on four events that explored how mindfulness and meditation can transform our work and lives. Featured speakers were Board Member Sharon Salzberg, Eileen Fisher, Janice Marturano, David Gelles, Rabbi Rachel

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Cowan, Norman Fisher, George Mumford, and the founders of the Holistic Life Foundation.

BOARD MEMBER Dr. Dan Siegel explained how kindness and compassion are a natural outcome of the process of integration at a special Garrison Talk, “Kindness and Compassion: Integration Made Visible,” at the New York Society for Ethical Culture.

WE HOSTED A special Wisdom Holder’s Circle Dinner with Dr. Dan Siegel after his presentation at the New York Society for Ethical Culture. Weaving all fields of science into a single framework of “interpersonal neurobiology,” Dr. Siegel discussed how compassion creates linkages in our brains, leading to healthier bodies, minds, and relationships.

“The People Who Care for People retreat was a lifeline. My mother has Alzheimer’s, and I am her only caregiver. My time at Garrison gives me more strength, patience and compassion to deal with life on life’s terms. And for this, I am grateful.”

BARBARA MARION HORN

TO COMMEMORATE THE centenary of the renowned writer and contemplative Thomas Merton, we hosted a screening of the documentary, *The Many Storeys and Last Days of Thomas Merton*. The film explains how Merton served as a bridge from east to west, and why his life and work continue to challenge us even today.

WE PARTNERED WITH multimedia publishing company Sounds True on the marketing and promotion of a new online course, *The Power of Awareness*, featuring two teachers, Jack Kornfield and Tara Brach, who lead retreats at the Institute. We are planning to expand our partnership with Sounds True and hope to explore other online platforms to share our content more widely.

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ON EARTH DAY, we hosted our sixth annual Modern Earth Day event in collaboration with Fresh Company. Nick Groombridge, the Vice Chair of the Board of Directors for Friends of the United Nations Population Fund, gave a talk on the relationship between population and the Earth's capacity to support us.

IN SEPTEMBER, WE sponsored Wisdom 2.0 Business, a conference that explored the next wave of innovation and wisdom in business. The conference highlighted the latest trends in business that point the way toward a more engaged, creative, and mindful workplace.

"It was a transformative retreat, and I've found the tools we learned to be so helpful, particularly during this fear-driven moment in time. I look forward to continuing the journey."

AMY BRATHWAITE
HUMANITARIAN AID WORKER

"If I will one day be able to win the battle I am fighting — to find my way to an everlasting peace and compassion — I want you to know that you will have created the hero of this battle."

OSAMA LASTNAMETK

TONIIC INSTITUTE, A non-profit global organization of impact investors committed to social change, held their annual staff retreat at the Institute. We hope to serve as a retreat center for like-minded impact investors across the country.

WE SPONSORED THE Mindful Leadership Summit, an annual conference, which brings together leaders and aspiring leaders from all organizational levels and various backgrounds, including business, non-profit, education, health and wellness, and government.

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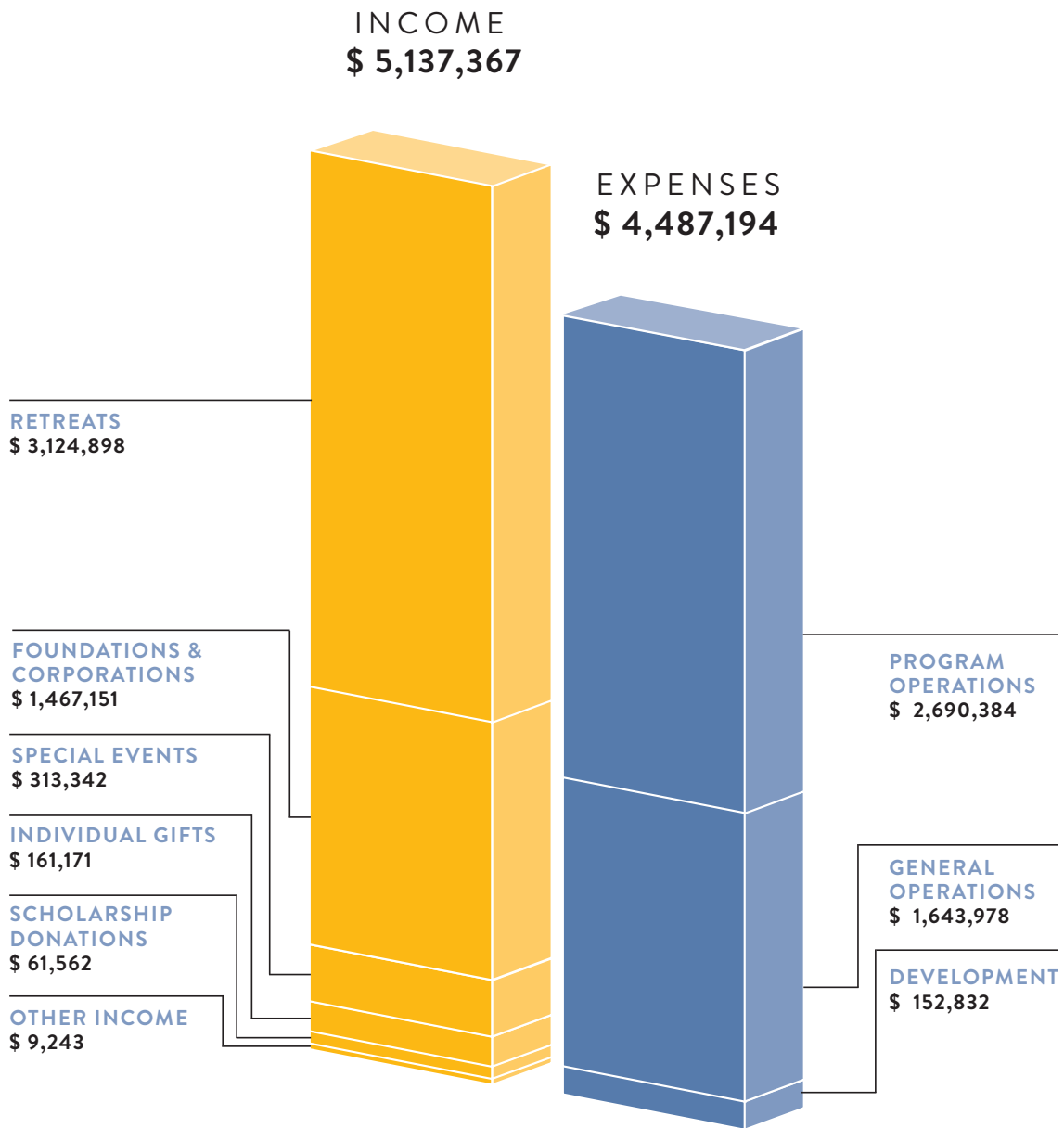
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