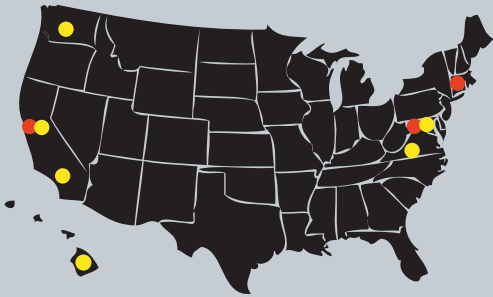


# INWARD BOUND

## *iBme*

### MINDFULNESS EDUCATION

**Transformative Retreats & Programs For Teens, Parents & Professionals**



● Retreat Areas

● In-School Program Areas

**“I now have a “toolkit” to deal with problems in my life. After just my second week-long retreat, I am starting to be able to simply notice the state of my mind... and change my thinking,”**

*- David, Teen Retreat Participant*

## *iBme*

### **What We Do**

*Inward Bound Mindfulness Education (iBme) improves the lives of teens, parents, and professionals through mindfulness retreats and outreach programs. **Participants cultivate skills of self-awareness, compassion, and caring for themselves, others, and the natural world.***

Our core focus is transforming the lives of teenagers through **weeklong residential retreats**. We also run mindfulness retreats for young adults, parents, and professionals. Our other main focus is teaching the foundations of mindfulness and self-awareness through a variety of **in-school programming** including daylong programs for students, faculty and parents, semester-long in-class teachings, and yearlong mindfulness advising contracts.

### **How We Do It**

*Our teachings combine training in mindfulness, social-emotional and ecological intelligence, and creative expression.*

The vision for iBme grew out of a desire to create a retreat experience that would expose teens, parents and professionals to practices for deepening their relationship with themselves, others and the ecosystem around them. Our retreats and outreach programming combine mindfulness practices, interactive small group sessions, and workshop activities.

### **Impact**

Research has shown our teen retreat participants experience significant improvements in life satisfaction, self-esteem, mindfulness, acceptance, and ability to relate to others. Over the past year we have worked with 85 teens and 100 parents and professionals on retreat in addition to reaching 735 students through in-school programs. By 2013 we aim to have 360 teens on retreat and reach 3,000 more through in-school and outreach programs.

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