

INWARD BOUND

iBme

MINDFULNESS EDUCATION

Transformative Retreats & Programs For Teens, Parents & Professionals



The iBme Retreat Model

We teach teens proven awareness and concentration practices that have been used for thousands of years. Teens learn how to settle a busy mind, how to skillfully handle emotions and thoughts, how to direct and sustain attention, how to cultivate compassion, and how to truly listen and communicate. Through guided mindfulness meditation, small group discussions, and fun workshop activities, participants experience a sense of connection and safety that many have never felt before.

Meditation and Mindful Movement

The core of the iBme retreat model is mindfulness. Mindfulness is embedded in all the daily activities, which include several formal sitting and walking meditation periods. Using the mindfulness skills that are taught, teens begin to calm their mind and explore their own mind and body. Recent studies have also shown some of the other benefits of practicing mindfulness, which include an increase in concentration, empathy, emotional intelligence, self-esteem, and memory.

Authentic Communication

The second element of the iBme model is relational activities. In twice-daily small group discussions, participants are introduced to interactive mindfulness practices that help teens connect with each other and learn valuable communication skills. There are few words to convey how profoundly youth (and adults) are affected when they experience being seen and heard by their peers in the safety and intimacy of these small groups. For many teens and adults, these small groups are the highlight of the retreat.

Connecting with the Natural World

The third element of the iBme model is helping students realize our connection with the earth. The retreats are held in natural settings and activities include taking silent or guided walks, identifying wildlife and edible and medicinal plants, and eating wholesome foods. As teens quiet their minds, many are able to connect with the earth in an entirely new way.

Fun Workshops

Each day on retreat, teens are offered a variety of workshops including mindful sports, art, music, poetry, theater, and discussion groups on topics such as diversity, gender, and non-violent communication. The retreat culminates in a community share and celebration of artistic expressions on the final night.

“When I first got here I didn’t know what to think. But after a couple of days my whole outlook on life was changed. It was an awesome experience. I would encourage any teen to come here.”

- Josh, Age 15

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