



October 23-26 (Thursday-Sunday)  
Richard Brady and Nick Roosevelt

## PEACE IN ONESELF, PEACE IN THE WORLD MINDFULNESS FOR EDUCATORS, TEACHERS, PARENTS, AND ALL WHO WORK WITH YOUTH

How can we approach our work as educators, teachers, parents, and youth workers from a place of inner peace and convey that peace to our young people? Drawing on several contemplative traditions, instructional approaches and research findings, we will share a variety of meditative practices and techniques, including Zen, guided meditation, and yoga. Some of these techniques enhance well-being; others promote awareness and attention and deep connection with oneself, with others, and with the world. We will take time to explore how we might use these tools and practices in our work and our homes.

Program cost of \$295 includes program, housing and meals, Thursday dinner through Sunday lunch. Scholarships are available.

*Richard Brady, MS, is a writer, retreat leader, and educational consultant. He is a founding member of the Mindfulness in Education Network. In 2001, he received a transmission from Zen master Thich Nhat Hanh to be a teacher in his tradition with a special focus on cultivating mindfulness in young people. Richard taught mathematics at Sidwell Friends School for 34 years before retiring in 2007.*



WOOLMAN HILL  
Quaker Retreat Center

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*Nicholaes Roosevelt, MA, is an educational consultant bringing mindfulness into schools and the school community training teachers to help students relax, focus, and be more attentive to the task at hand. He has taught mindfulness meditation and Integral Yoga at the University of Connecticut since 1978. Nick is a member of Storrs (CT) Friends Meeting.*

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#### COST & REGISTRATION

The standard rate for this retreat is \$295. The fee includes program, lodging and food from Thursday dinner through Sunday lunch. Commuter rate is \$225. Please ask if you need scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

#### ARRIVAL & DEPARTURE

Plan to arrive after 4:30pm Thursday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us in advance to arrange a ride from these stations.

#### ROOM & BOARD

Our 19<sup>th</sup>-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

#### WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)) or use the above contact information.

MINDFULNESS WITH YOUTH, October 23-26, 2014

NAME:

E-MAIL:

PHONE:

ADDRESS:

MONTHLY MEETING (if applicable):

Enclosed is \$\_\_\_\_\_. I plan to pay a total of \$\_\_\_\_\_ (\$295 standard rate, \$225 commuter).

DIETARY, HOUSING, OR OTHER SPECIAL NEEDS: