



Tail of the Tiger



MINDFULNESS MEDITATION FOR EDUCATORS:

Facing Daily Challenges with Authenticity and Resilience

At the Pavilion, Karmê Chöling, Barnet, VT July 20 – 22, 2009

A presentation of Tail of the Tiger, an educational nonprofit organization

Educators play many roles: teacher, administrator, colleague, negotiator, disciplinarian, counselor, and lightning rod for many community constituencies. Each of these roles can be emotionally challenging, requiring educators to be resilient, focused, and personally upright. Manifesting such an “authentic presence” in all these roles requires emotional self-awareness and skill in reading and responding to the emotional momentum of others.

Mindfulness meditation and related contemplative disciplines are proven ways for developing the mind’s natural alertness, clarity, and presence, and can help educators cultivate mental and emotional stability and create open mental space for learning and creative solutions. These disciplines include specific techniques for rousing energy and clarity in workplace settings.

This hands-on seminar includes mindfulness instruction and practice, interactive contemplations, lectures, and plenty of time for discussion of issues of interest to educators.

Program fee: \$245, including meals; accommodations extra.

Program Dates and Times: Monday, 1:30 to 5:30 (please join us for lunch at noon), Tuesday 9:00 to 5:30, and Wednesday 9:00 to noon.

Registration: To register please email registration@tailofthetiger.org with your name, address, phone number, email address, name of the program and choice of accommodations. You will be contacted for deposit information and confirmation of registration. For information, please contact Patton Hyman at 802/633-2384 ext. 153 or email him at patton_hyman@tailofthetiger.org.

Directions to Karmê Chöling: I-91, Exit 18 (Barnet/Peacham), proceed west about mile and turn at second street on right (Patneau Lane). After crossing the bridge over the Stevens River, proceed to parking lot (no charge).

Caroline DeMaio, an authorized meditation instructor, is the school library media specialist at the Danville School (K-12) in Danville, Vermont. She taught in elementary schools in Vermont before opening and operating Northern Lights Bookshop and Cafe for 27 years in St. Johnsbury, Vermont. She has served on the Barnet School Board and chaired the boards of Karmê Chöling Shambhala Meditation Center, Catamount Arts, and the Northeast Kingdom Chamber of Commerce. She is presently co-director of the St. Johnsbury Shambhala Center.

Michael Carroll is the author of *Awake at Work* (Shambhala 2004) and *The Mindful Leader* (Shambhala 2007). He has held executive positions with such companies as Shearson Lehman/American Express, Paine Webber, Simon & Schuster and The Walt Disney Company over his 24-year business career. Michael has an active consulting and coaching business with client firms such as Procter & Gamble, Starbucks, Google AstraZeneca, and others. He has lectured at Wharton Business School, Columbia University, St. Mary’s University, Won Institute, Kripalu, Cape Cod Institute, and many other practice centers throughout the North America and Europe.

Patton Hyman has taught mindfulness meditation for more than 25 years and serves as Development Director of Tail of the Tiger, an educational nonprofit corporation, presenting seminars joining mindfulness meditation with the professions, business, and the arts.

“Learning at a young age to touch silence and stillness within oneself; especially if it is taught in school in an open and non-manipulative or coercive way, can be valuable in balancing out and dealing with the stimulation and outward orientation of the school day. Among other things, children can discover how to tap into their innate ability to go into deep states of concentration, and use it to focus on the task at hand.”

Jon Kabat-Zinn,
Mindfulness in the Classroom-Getting to Know Yourself in School

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/educators_0709.html

For more information about Tail of the Tiger, visit: www.tailofthetiger.org