Mindfulness in Education
http://sites.duke.edu/mindfuleducation/

Background and Goals

- Interdisciplinary team of UNC-CH and Duke students/faculty studying the effects of yoga and mindfulness practice in K-12 education settings in a multi-year qualitative/quantitative study through Bass Connections
- Partnerships with local community-based organizations: Y.O.G.A. for Youth and Communities InSchools
- Goal: to promote dialogue around yoga in US education systems and to spark accessibility to yoga/mindfulness practices

Public Access Y.O.G.A. for Youth Teacher Training: April 2015

One of the take-aways from the Embodied Learning Summit was the need for more diverse representation in yoga spaces. With the Kenan-Biddle grant, we were able to offer the Y.O.G.A. for Youth Teacher Training at a heavily discounted cost in order to make the training more accessible to low-income people, students, and other people of diverse backgrounds. We believe that in order to make yoga accessible to underserved youth in schools, it is important to support teachers who come from similar backgrounds/experiences as the students Y.O.G.A. for Youth serves.

The training was a huge success with over 15 individuals completing the intensive 40-hour training over the span of two weekends. This effort to make yoga accessible to underserved youth, schools, is important to support teachers who come from similar backgrounds/experiences as the students Y.O.G.A. for Youth serves.

Embodied Learning Summit: February 2015

- Day-long conference hosted on Duke East Campus including yoga practice, keynote speaker Michelle Johnson, lunch, and workshops centered around yoga access in education
- Participation from over 50 students, community members, educators, and scholars from all over the Triangle

Thank you so much Kenan-Biddle Foundation for helping us to make our vision for yoga accessibility in education possible!

Sat nam,
The Mindfulness in Education Bass Connections Team

Students: Sarah Pederson (UNC-CH), Mohan Glenn (UNC-CH), Anna-Katalina Bock (Duke), David Levy (Duke), Haley Mendoza Romero (Duke)
Faculty Advisors: Professor Keval Kaur Khalsa (Duke) and Dr. Michele Tracy Berger (UNC-CH)

Y.O.G.A. for Youth programming at Passage Home in Wake County served by graduates of the Public Access training!

Y.O.G.A. for Youth programming with the Durham Crisis Response Center Latina Support Group- now served by graduates of the Public Access Training!