

Mindfulness in Education Track

Session 4: 2:45-4:00pm

Name, Title, Affiliation:

Doug Worthen, Mindfulness Director, Middlesex School

Title of Session:

“Mindfulness Director Initiative”

Brief description of session:

Learn about the Mindfulness Director Initiative (MDI) which is a new non-profit that matches experienced mindfulness practitioners with a variety of school communities. The organization was inspired by the Middlesex School (Concord, MA) mindfulness programs, which have been growing and evolving since 2009.