



Mindfulness and Healing the Heart of Democracy

FALL 2025: Our Journey Resumes...

- * MMTCP (Mindfulness Meditation Teacher Certification Program) Alumni Association
- * Center for Contemplative Practices at CSUSM (CA State University, San Marcos)
- * TEL (Transformative Educational Leadership) Alumni Steering Committee

Invite you to a new series of four sessions—September through January, based loosely on the work of Parker Palmer



Together, we will explore ways mindfulness may serve to keep our experiment of democracy alive—in our classrooms, staff rooms, school communities and other settings.

Referencing a variety of sources (Dharma teachers, educators, poets, and others), we continue to cultivate the five Habits of Heart in order to engage in both our:

- Inner work—resourcing ourselves to stay hopeful and inspired; and
- Outer work—bringing these conversations and practices to serve our communities and world

Whether or not you joined us last spring, we invite you to join this beloved community to:

RISE Up (find **R**efuge and **I**nspiration in our **S**angha of teachers and **E**ducators);
Continue embodying the Habits of Heart, our:

- Understanding that We're All in this Together as well as an Appreciation of Otherness
- Capacity to Hold Tensions Creatively
- Power of Voice and Agency
- Ability to Create Community

In order to accommodate as many people's schedules as possible (given times zones and busy-ness), we alternate meeting Wednesday afternoon/evenings and Sunday mornings/noon (or other times if abroad!):

Dates:

Wed., September 3 @ 4:00 – 5:30pm PST; 7:00-8:30 EST
 Sun., October 5 @ 9:00 – 10:30am PST; Noon-1:30pm EST
 Sun., November 2 @ 9:00 – 10:30am PST; Noon-1:30pm EST
 Wed., December 7 @ 4:00 – 5:30pm PST; 7:00-8:30 EST

Kindly rsvp:

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