



## Inward Bound Mindfulness Education



# CUSTOM PROGRAMS

**Services and Pricing**

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## BACKGROUND

### Blazing a trail in immersive mindfulness education

The vision of Inward Bound Mindfulness Education (iBme) is to support future generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with focus, resiliency, and compassion for themselves, their communities, and the global environment.

**As the national leader in immersive mindfulness education,** iBme holds a critical responsibility in the field: to complement and amplify the impacts of in-school programs *and* to expand the value and capacity that youth-serving professionals have for sharing in-depth mindfulness experiences with youth.

iBme formed from the foundation of a 30-year lineage of teen mindfulness which began with retreats offered in Barre, Massachusetts in 1989. iBme's [signature youth retreats](#) have been offered to more than 4,000 alumni worldwide. iBme's programs have expanded to include online offerings and programs for specific affinity groups such as BIPOC and LGBTQIA+ groups. Programs aimed at more systemic impact include iBme's [internationally accredited Teacher Training program](#) and custom programming in partnership with schools and youth-serving organizations across the U.S.

## CHANGE MODEL

### Providing young people with our best attention and support

iBme's transformative curriculum provides a rare opportunity for young people to experience deep, prolonged insight into their own experience and to find authentic connection within a fun and welcoming community of peers and adult mentors. Using [research-backed](#) formats and culturally-responsive, trauma-informed teaching frameworks, we impart lessons in self-awareness and empathy and teach techniques that can be used to calm and focus the mind. Our retreats provide

participants with opportunities to learn and implement both individual and relational mindfulness practices. They also teach how to apply mindfulness content and skills to daily life.

Our non-retreat programs include courses and workshops that play a critical role in building connections and new skills pre-retreat and supporting the integration of practices post-retreat.

## LEARNING OBJECTIVES

### **Nurturing the emotional and mental well-being of youth**

Our mindfulness programs are supported by a growing body of developmental, psychological, and educational research that demonstrates the transformative impacts of mindfulness for adolescents. The specific benefits and impact of iBme's teen retreats have been evaluated, including by Dr. Brian Galla from the University of Pittsburgh. Dr. Galla's 2016 peer-reviewed article, published in the [\*Journal of Adolescence\*](#), concluded that "changes in mindfulness and self-compassion predict enhanced emotional well-being in healthy, but stressed adolescents."

The youth learning objectives that we meet through our programs are:

- an understanding of and the ability to practice mindfulness in both formal and informal settings;
- the ability to focus the mind and concentrate on a neutral object of attention, and cultivate relaxation and calm;
- an understanding of how mindfulness is used to work with thoughts, emotions, and physical sensations;
- growing sense of self-awareness, leading to self-acceptance and appreciation;
- an understanding and ability to attune to other people's experience through paying attention, listening, and authentically sharing with others; and,
- cultivation of compassion, empathy, and increased perspective-taking through practicing relational mindfulness.

In addition to all of the youth learning objectives state above, the additional adult learning objectives that we meet through our programs are:

- an embodied understanding of how to bring a fun, lively approach to teaching mindfulness;
- exploration of how to meet the unique needs of a diverse audience, and develop sensitivity and responsiveness to whoever is in the room;
- the ability to communicate on an intuitive, relational, and cognitive level;
- practice facilitating conversations that dive deep into important issues happening in our world;
- ways to support students in how they navigate social situations, make meaningful connections, and step into the challenges of their lives; and
- tools to bring the lens of social justice into mindfulness education, inside and outside the classroom.

## PROGRAM INSTRUCTION

### **Creating a welcoming and safe community and learning environment**

We are [an extensive community of trained professionals](#), dedicated to empowering teens and young adults in a supportive environment. iBme retreat staff are experts in the areas of mindfulness, health, and education, and bring years of personal mindfulness practice to their roles. They embody what they teach, modeling authenticity, compassion, and respect for the young people they serve.

We staff all our programs with teachers and mentors that reflect the great diversity of our retreat participants. We also ensure a very low participant to staff ratio—generally 3:1 on teen retreats—to create the safest and most nurturing container possible.

Programs are led by two experienced meditation teachers with decades of personal retreat and teaching experience. Additional roles on retreat include assistant teachers, mentors, mental health coordinators, health coordinators, movement coordinators, and administrative managers. Some of the retreat roles may be filled with your own staff depending on their skills and experience.

## SERVICES

### Scalable and customizable programs to achieve your goals

The services outlined below can be customized by our expert faculty for a wide spectrum of audiences: **teens (15–19 years old), young adults (18–25 years old), youth-serving professionals and educators, or multigenerational groups.**

#### *Multi-day residential retreat*

Our signature program—residential retreats—provides daily flows of guided sitting and walking meditation, relational mindfulness practices, special workshops, and both silent and non-silent free periods. The rhythm of structured and unstructured practice time can be both challenging and deeply rewarding for participants who are working to integrate mindfulness skills into their daily life. While on retreat, participants agree to be tech-free.

Mindfulness in daily life topics include navigating difficult emotions, mindful communication, mindful eating, using technology and social media wisely, practices for kindness, compassion, and self-awareness, and applying mindfulness to social issues.

Without fail, participants report that their favorite part of retreat is being able to connect with each other deeply in small groups. These groups meet twice a day on retreat and are facilitated by two iBme mentors who are holding the container of connection and discussion among participants. Participants also get the chance to experience workshops every afternoon from improv games to bird watching.

[View a sample daily schedule.](#) Individual retreats may vary. The staff team strives to be responsive to each group and will make subtle adjustments to the schedule as needed.

### ***Multi-week course or full/half-day workshop (online or in-person)***

Our courses and workshops strive to create the most engaging experience through concise instruction, guided practices, individual reflection, small group discussions, and large group share-outs. In courses, learning builds off each session, and participants have opportunities to share about their experience using the tools in daily life.

Whether it be building community and familiarity with the practices pre-retreat or integrating what they learned post-retreat, our courses and workshops play a critical role in helping participants make the most of their time on retreat.

Courses and workshops can be offered online or in-person, subject to regional availability of iBme faculty.

### ***Community-building and leadership development***

There are many ways our highly skilled, diverse faculty can support your community from development of youth mindfulness leaders to coaching and curriculum guidance for educators. This is our most customizable service that requires extended discussion and planning.

## PRICING

### **Simple, clear cost options to stay within your budget**

We will strive to develop a plan that fits your budget and are happy to explore alternative sources of funding with you.

### ***Multi-day residential retreat***

As mentioned above, one reason our program is so effective is because we ensure a low participant to staff ratio. Thus, costs increase with retreat size.

Base Instruction, Mentorship, Supplies, & Administrative Support\*

- 12–20 participants → \$15,000 (as little as \$750 per participant)
- 21–32 participants → \$20,000 (as little as \$625 per participant)
- 33–45 participants → \$25,000 (as little as \$556 per participant)
- 46–60 participants → \$30,000 (as little as \$500 per participant)

*\*This is the base price for a 4-night/5-day retreat. For longer or shorter durations or >60 participants, please contact us for adjusted pricing.*

Retreat Facility (room + board) - to be determined

The cost of the retreat facility will vary depending on several factors. We will work with you to determine the best arrangement possible.

Miscellaneous Costs - to be determined

- Participant Shuttle Service
- Additional Staff Transportation & Shipping
- COVID Supplies
- Marketing Support (e.g., flier design, social media content)

**Multi-week course or full/half-day workshop**

Similar to retreats, courses have scaling costs to ensure that there is ample support for breakout groups.

Base Instruction, Mentorship, and Administrative Support\*

- 10–20 participants → \$5,000 (as little as \$250 per participant)
- 21–40 participants → \$7,500 (as little as \$188 per participant)
- 41–75 participants → \$10,000 (as little as \$133 per participant)

*\*This is the base price for a 12-hour course. For longer or shorter durations or >75 participants, please contact us for adjusted pricing.*

In-Person Travel Costs

The cost of travel for in-person delivery will vary depending on the iBme faculty based in your region. iBme has a national network of more than 150 teachers and mentors and will work to minimize travel costs as much as possible.

### ***Community-building and leadership development***

These services are offered on an hourly basis at a rate of \$125/hour. Billable hours include in-person instruction as well as preparation. We can work with you to develop a training content plan and schedule.

## TAKE THE NEXT STEP

### **Reach out to our team**

Please contact our Program Manager, Sarah Wrean ([sarah@iBme.com](mailto:sarah@iBme.com)), to learn more about partnering with us and bringing a Custom Program to your community.

A detailed proposal will be provided to you based on your specific requests and desired outcomes.