

INWARD BOUND MINDFULNESS

**We provide mindfulness
retreats + resources for teens
and the parents + professionals
who support them.**



Inward Bound
Mindfulness

Mindfulness is our passion.

Inward Bound Mindfulness believes mindful teens and young adults are integral in building future generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with compassion, focus, and resiliency – for themselves, their communities, and our shared natural world.



Our mission.

Inward Bound provides in-depth, relational mindfulness programming for teens and the parents & professionals who support them. Our programs guide participants in developing compassion, self-awareness, and ethical decision-making, and empower them to apply these skills in every moment.



Our programs.

MINDFULNESS TEEN RETREATS

- for teens + young adults (ages 15-19)
 - in-person + tech-free
 - awesome, compassionate staff
 - guided meditations + practices
 - time to connect, socialize, be creative
 - no teen turned away for lack of funds
- ✕ www.ibme.com/calendar

MINDFULNESS TEACHER TRAINING

- for youth-serving professionals
 - online + in-person
 - year-long training, rich curriculum
 - one-on-one coaching
 - small groups
 - three 5-day intensives
- ✕ www.ibme.com/teacher-training

CUSTOM PROGRAMS

- for partners + organizations where Inward Bound mindfulness retreats + resources support their communities
 - customized curriculum
 - expert mindfulness teaching faculty
 - retreat-planning services
- ✕ www.ibme.com/custom-programs

Our commitment.

With our core mission of teen mindfulness, we also practice Equity & Interdependence within and without the organization, specifically fostering a Collaborative Leadership model for shared decision-making and strategy-building across diverse staff, teachers, mindfulness practitioners, youth and young adults, and a myriad of committees.



Learn more + get in touch!

✕ www.ibme.com

✉ contact@ibme.com

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