

Training, Curriculum Development, Teaching, & Presentations
Related to Mindful and Contemplative Education

Marianne B. Rowe, MS, LMFT

Founder, Mindful Education Project
529 Central Ave., Ste. 208, Pacific Grove, CA
(831) 373-1017 ~ mrowe@pacbell.net
www.mariannerowe.net ~ www.mindfuleducationproject.net

2005

Curriculum Development: “Introduction to Mindfulness” courses for students and educators.

Training: Meditation teachings and 3-day retreat with His Holiness the Dalai Lama.

2006

Teaching: “Introduction to Mindfulness” and additional mindfulness courses at CA State University of Monterey Bay. These courses continued to be offered through 2012.

2007

Training: “Mindfulness in the Classroom” conference. Groundbreaking gathering for implementing mindfulness in schools. Mindful Schools and Assn. for Mindfulness in Education.

Training: “Mindfulness & Psychotherapy” conference. Jack Kornfield, Daniel Siegel, Thich Nhat Hahn.

Training: “Mindfulness and Healing: Applications of Neural Integration”. Daniel Siegel.

2008

Curriculum Development and Teaching: “Introduction to Mindfulness,” “Peace from the Inside Out: Mindful Relationship with Anger, Depression & Anxiety,” “Presence of Mind & Heart: Practicing Mindfulness in Relationships,” and “Shifting Gears: Mindful Flow through Change & Uncertainty”. These courses continue to be offered.

2009

Training: “Mind & Life Institute: Educating World Citizens for the 21st Century”. International convening of educators, contemplative practitioners and researchers exploring “How will we educate people to be compassionate, competent, ethical, and engaged citizens in an increasingly complex and interconnected world?”

Training: “Mindfulness in Education: Foundation for Teaching & Learning” conference. Assn. for Mindfulness in Education.

Training: “The Heart of Change: Finding Wisdom in the Modern World”. Teachings by His Holiness the Dalai Lama.

2010

Curriculum Development and Teaching: “Mindfulness in the Classroom: Teaching through the Left & Right Hemispheres of the Brain”. This course continues to be offered.

Co-presenter: “Integrative Mental Health” at “The Contemplative Academy” conference. The Assn. for Contemplative Mind in Higher Education

Training: “Eight Verses for Training the Mind”. Teachings by His Holiness the Dalai Lama.

Training: “Neurobiology of Awakening”. Rick Hanson, PhD, & Richard Mendius, MD.

Training: “Introduction to Mindfulness for the Adolescent for Professionals”. Gina Biegel.

Training: “Equanimity”. Rick Hanson, PhD.

2011

Program Development and Teaching: Implemented Mindful Education Project at Sherwood Elementary, Salinas, CA. Training 26 educators (administrators, staff, and faculty) and over 375 students (K-6th grade). This program continued to be offered through 2012.

Presenter: Facilitated “Race to Nowhere” panel discussion after screening of the film.

Training: “Intersubjective Meditation: Train the Trainers Intensive”. 5-month training program.

Training: “Wisdom 2.0 Youth: Mindfulness and Technology” conference.

Training: “Mindfulness in Education: A Foundation for Teaching & Learning” conference. Stanford University and Assn. for Mindfulness in Education.

2012

Facilitator: “Intersubjective Meditation: Train the Trainer. 5-month intensive training program.

Co-facilitator: “Authentic Relating Games. Bi-monthly group practices fostering deep connection and mindful relationship. These gatherings continued through 2013.

2013

Program Development and Teaching: Implemented Mindful Education Project courses for students and teachers at York School, Monterey, CA. Training 10 educators and 16 students.

Curriculum Development and Teaching: Co-developed “Introduction to Mindfulness for Interpreters” course for graduate students at Monterey (now Middlebury) Institute for International Studies, Monterey, CA. This course was base for a research study of mindfulness training and interpreting performance. This course continues to be offered at MIIS.

Facilitator: “Intersubjective Meditation: Train the Trainer”. Course leader in this 6-month intensive training program.

Co-Teacher: “Mindful Painting: Presence in the Moment”. 2-day workshop focusing on bringing mindful awareness to the creative process. This workshop continues to be offered.

Co-Facilitator: “Mindful Painting: Presencia en el Momento”. 4-day retreat focusing on mindfulness, creativity, and cultural connection in San Miguel de Allende, Mexico.

2014

Training: “Brainstorm: The Hidden Power of the Adolescent Mind”; Daniel Siegel, MD

Training: “Bridging the Hearts and Minds of Youth: Mindfulness in Clinical Practice, Education & Research”. 3-day international conference with Amy Saltzman, Daniel Siegel, Congressman Tim Ryan, and others.

Co-Teacher: “Introduction to Mindfulness for Interpreters” course at Middlebury Institute of International Studies.

2015

Curriculum Development and Teaching: “De-stressathon for Teens: Breathing Space for Calming & Connecting”. This half-day retreat continues to be offered.

Facilitator: “Aletheia” Weekend relational meditation intensive.

Co-facilitator: Faculty and Staff Contemplative Retreat. Middlebury Institute of International Studies.

Co-Teacher: “Introduction to Mindfulness for Interpreters” course at Middlebury Institute of International Studies.

2016

Co-Founder and Teacher: Monterey Bay Meditation Studio.

Co-Facilitator: “Contemplative Pedagogy Retreat”; Middlebury Institute of International Studies.

Facilitator and Co-Facilitator: Faculty and Staff Contemplative Retreats, Middlebury Institute of International Studies.

Co-Teacher: “Introduction to Mindfulness for Interpreters” course at Middlebury Institute of International Studies.

Curriculum Development and Co-Facilitator: “The Educators’ Retreat”. A day-long retreat for educators focusing on cultivating mindfulness and compassion through personal practice and in the classroom. This retreat continues to be offered.

Curriculum Development and Facilitator: “The Missing Link: Kindness and Compassion as Key to Healing and Transformation”. Day-long retreat for those in academic and healing professions, focusing on cultivating compassion for self and others. This retreat continues to be offered.

Curriculum Development and Teacher: Several courses in the Mindful and Compassionate Living Series, focusing on engaging awareness and kindness while moving through life’s challenges.

Curriculum Development and Facilitator: “Deep Nourishment”. A day-long retreat of meditation, gentle movement, relational practices, and reflection intended to inspire clarity and renewal.

Curriculum Development and Co-facilitator: “Waking Up in the Wild”. A series of retreats designed to engage practice of mindfulness and compassion in natural settings, including the forest, ocean, rivers, and mountains.

Curriculum Development and Teacher: “Drop-in Meditation Classes for Educators.” A discussion and practice group designed specifically for educators interested in bringing mindfulness and compassionate awareness into the classroom and school environment.

Training: “The Art of Meditation”. Month-long teachings by Adyashanti.

Training: “Self-Compassion”. Psychotherapy Networker course.

Training: “Embodying the Open Ground”. Year-long meditation training with Dustin di Perna.

Co-Facilitator: “Authentic Relating Comprehensive”. 3-month intensive in relational skills and process.

Training: “The Art and Science of Awe”. Day-long workshop exploring research and experiencing of awe, offered by UC Berkeley’s Greater Good Science Center.

Teacher: “Being Mindful: Helping the Brain to Calm, Concentrate & Connect”. Offered through The Lyceum of Monterey County, this course for adolescents and parents explored the basics of establishing a mindfulness practice and bringing mindful awareness and compassion into daily life at home and school.

2017

Co-Teacher: “Introduction to Mindfulness for Interpreters” course at Middlebury Institute of International Studies.

Curriculum Development and Teacher: “Drop-in Meditation Classes for Educators.” A discussion and practice group designed specifically for educators interested in bringing mindfulness and compassionate awareness into the classroom and school environment.

Curriculum Development and Teacher: Several courses in the Mindful and Compassionate Living Series, focusing on engaging awareness and kindness while moving through life’s challenges.

Curriculum Development and Teacher: “Mindful Games for Kids and their Parents.” A monthly class of games and guided meditations focusing on cultivating a particular quality of being that supports the development of calmness, kindness, resilience and well-being. For ages 8-adult.