Service
Training
Community
Research

PrisonMindfulness.org

2016

Prison Mindfulness Institute
PrisonMindfulness.org
Dear Friends,

The impact of the 2016 presidential elections on what had been strong momentum and bi-partisan support for criminal justice reform remains unclear. Suffice it to say that the challenges remain daunting. We are redoubling our efforts to organize for genuine criminal justice reform, while bringing the healing and transformational power of mindfulness to as many of our fellow citizens touched by the system as possible: prisoners, families, victims, and criminal justice professionals. As always, in sitting down to write this annual letter, I am struck first with profound gratitude. On behalf of our inspired staff and board, I want to express deep appreciation and thanks to all of you for your generosity, collaboration and trust. It is only because of your generosity and support that we are able to commit to continuing our efforts to create a criminal justice system which enhances public safety while healing lives, supporting communities, and increasing social resilience.

In 2016 at Prison Mindfulness Institute (PMI), we were both busy and successful, moving the organization from Rhode Island to western Massachusetts in order to establish a national training center for our work while still exceeding our goals in all areas of development, including program expansion, staff development, collaborative partnerships and fundraising. We invite you to visit our new facility in Deerfield, MA; where in a few weeks, we will have 60 retreat participants completing our trauma-informed mindfulness teacher training.

Our mindfulness-based Path of Freedom® (POF) prison programs continue to flourish, offered to at-risk, incarcerated and reentering youth and adults in nineteen states and five countries through our network of POF facilitators. We continue our direct management of POF programs at numerous correctional facilities in Rhode Island and Massachusetts and have launched new programs at youth correctional facilities in Georgia and Oregon. We also recently launched a POF program at the Franklin County Jail, nearby our new PMI training center. Our online POF facilitator training course remains in high demand, with graduates launching new POF programs throughout the country and around the world.

We continue to expand our Center for Mindfulness in Corrections (CMC) programs for criminal justice professionals in Kentucky, Massachusetts and Oregon, delivering our mindfulness-based wellness & resiliency (MBWR)® program to correctional officers and other criminal justice and treatment professionals, giving them evidence-based tools to reduce the extreme health risks they face, including early death from chronic stress related illnesses and suicide, as a result of their challenging public safety jobs. We will launch a new MBWR program for Santa Clara County Sheriff’s deputies in 2017. Last October, Huffington Post produced a powerful, short video documentary about our MBWR for Oregon corrections (www.mindfulcorrections.org), featuring correctional officers sharing how the MBWR® practices have helped them bring positive change to both their professional and personal lives. The video’s circulation is producing numerous inquiries from other correctional agencies.

Our Engaged Mindfulness Institute (EMI) had an active and robust year. We certified 36 graduates from our new Mindfulness Facilitator Training (MFT) in June 2016, and a second MFT cohort of 39 participants are set to graduate in June of 2017. In September 2016, 14 EMI-certified mindfulness facilitators began the EMI Mindfulness Teacher Training (MTT) for graduates of the MFT program, leading to a 500-hour certification, with advanced training, practice teaching placements, mentoring and further retreat practice.

Since its inception in 2014, our Mindful Justice Initiative (MJI), a collaboration with Transforming Justice (formerly the Berkeley Initiative for Mindfulness in Law), has grown exponentially with support from the Lenz Foundation, Fetzer Institute, and the David Rockefeller Fund. In 2016, along with our Transforming Justice partners, we offered mindfulness-training to prosecutors, judges, and public defenders in Santa Clara County, California, with plans to expand into other California jurisdictions in 2017.

May 2017 be a year of profound healing and transformation for all those we serve and also a safe and rewarding year for all our courageous partners – volunteers, criminal justice professionals, community leaders and all of you, our loyal supporters and partners in this work.
MISSION

PMI’s mission is to provide prisoners, and those who work with them, with the most effective contemplative tools for self-transformation and rehabilitation. We support at-risk and incarcerated youth and adults in their contemplative practices and path, with an emphasis on mindfulness and awareness meditation, yoga and proven-effective, mindfulness-based interventions (MRI’s) like MBEI and MBSR. We also support prisoners in their study and practice of the contemplative teachings of various Buddhist and other world wisdom traditions. We promote these paths of wakefulness and non-aggression as ideal vehicles for self-rehabilitation and personal transformation. We believe in the power of the various mindfulness-awareness practices and body-mind disciplines of the world’s contemplative traditions to change behaviors, transform lives, and ultimately reduce recidivism, prevent crime, and enhance community safety and well-being.

We also provide Mindfulness-Based Wellness & Resiliency (MBWR)™ training, Mindfulness-Based Emotional Intelligence (MBEI) training, and Motivational Interviewing (MI) training for correctional officers and other criminal justice and social services professionals. As well as mindfulness teaching certifications for those who work with at-risk individuals and underserved communities.

VALUES

We believe in the basic goodness of all human beings and in their innate potential for healing and transformation.

We favor the healing and transformational paradigm of the Restorative and Transformative Justice models of criminal justice over the more punitive paradigm of Retributive Justice.

We support all prisoners, prison volunteers, and corrections professionals, regardless of race, ethnicity, gender, religion, political views, or sexual orientation, offering every individual the utmost respect and dignity.

We believe in spiritual, humanistic, restorative, and empowering models for self-transformation and rehabilitation, following the principle “give someone a fish and you feed him for a day. Teach the person to fish, and you feed her for a lifetime.”

VISION

Transformative Corrections
We envision correctional facilities and community corrections programs that promote healing, education, and personal transformation, genuinely supporting rehabilitation and making use of proven-effective, evidence-based methodologies from the body-mind awareness disciplines of the world wisdom traditions and contemporary psychology.

Successful Reintegration
Through the success of such programs, we envision a faster and more successful reintegration of rehabilitated prisoners into the community. We envision a gradual shift towards more reliance on community corrections programs to keep individuals in the community – working, paying taxes, supporting their families and parenting their children.

Transforming Community Leadership
We further envision a growing number of prisoners and ex-prisoners emerging as community leaders and change agents working to heal individuals and communities both inside and outside the walls of our correctional institutions, thus contributing significantly to the overall health and well-being of society.

“I am so pleased to have gained more than I anticipated from this course. I enrolled, in part, to learn about the teachings that guide the practice of mindfulness. I had no idea as to the amount of material that would be covered as well as the depth. Not only has this information been educational, it has added so much to my practice and my life off-cushion.”

~Participant, Engaged Mindfulness Institute Training Program
With nearly seven million men, women and children under some kind of correctional supervision in the U.S., our criminal justice system has devolved into a self-perpetuating industry that warehouses human beings deemed to be expendable. This industry is siphoning away critical community resources from health, education and infrastructure, while actually diminishing overall public safety. Correctional facilities offer their unfortunate occupants little hope of ever having a better, more productive life.

Mindfulness-based programs offer prisoners new hope for changing and transforming their lives for the better. Current neuroscience research has demonstrated clearly the positive impact of consistent meditation practice on human development, brain function and behavior.

Mindfulness-based emotional intelligence (MBEI) training has demonstrated significant positive impact for persons suffering from depression, as well as attention deficits, poor impulse control and other behavioral issues prevalent in the prison population.

Prison Mindfulness Institute is developing and promoting innovative and transformative evidence-based programs for the mainstream of corrections practice. Our flagship Path of Freedom program presents an MBEI approach to relieving suffering and promoting positive behavior change.

We are working to actualize our PMI mission of transforming lives and society with three principal strategies:

• Leading the field as an innovative developer and direct provider of mindfulness-based emotional intelligence (MBEI) training for the corrections field.

• Conducting quality research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions and programming as evidence based practice (EBP) in the field of corrections.

• Growing and resourcing an international, contemplative and mindfulness-based prison work movement — providing prisoners, prison volunteers, corrections staff and over 175 PDN-member prison projects and organizations with the most effective mindfulness-based tools, training and resources available.

“Prisons present a tremendous challenge to everyone in them. The prison environment makes peace of mind fleeting at best. Yet, without that ground of inner peace, it is hard to benefit oneself or others, especially under extreme conditions. However, prisoners who have learned to meditate in these harsh conditions have found that the mindfulness and inner strength they develop helps them deal with the obstacles they face on many levels.

For the past twenty years, Prison Mindfulness Institute has developed a reliable reputation for providing prisoners with the powerful tool of meditation to help them work deeply with whatever they confront in their lives. I fully endorse and support their noble, compassionate and steadfast work.”

~Sakyong Mipham Rinpoche
Since launching the POF Webinars in 2009, 726 participants from around the world have completed the POF facilitator training. The majority of these participants are volunteers or professionals already involved in corrections, treatment, or at-risk youth programs of one kind or another. The Path of Freedom™ is a uniquely integrated rehabilitation and personal development curriculum. It incorporates mindfulness training, cognitive-behavioral training, and social-emotional learning in a pragmatic twelve-session, experiential course that can be delivered in a variety of settings and in various formats.

In 2016 we offered three Path of Freedom™ online trainings, training a total of 104 people. We will be running three POF trainings in 2017 and hope to train another 150 people.

Online Interactive Facilitator’s Guide
In 2016 we continued to develop resources for our interactive, online facilitators website for all Path of Freedom™ (POF) facilitators. The site provides all the materials, guidelines, and additional resources facilitators need to deliver the Path of Freedom™ curriculum.

Inside Path of Freedom™ Programs:
In 2016 we continued to offer our Path of Freedom™ programs at several facilities throughout the Rhode Island Department of Corrections. We also began new programs in the De Kalb County Jail in Georgia and the Mac Laren Youth Correctional Facility in Oregon. All are scheduled to continue in 2017.

We moved our base of operations to Western Massachusetts in the spring of 2016 and in 2017 have begun an ongoing Path of Freedom™ class at the Franklin County Jail.

POF Post Release (MA)
In 2016 POF classes continued to be held at Pine Street Inn & St. Francis House in Boston. We are looking to expand our POF post-release programing in Western Massachusetts beginning in 2017.

New Edition: Path of Freedom Workbook
Our Executive Director and author of the Path of Freedom Workbook, Kate Crisp, completed a newly edited edition of the workbook and will be completing an illustrated version in 2017.

“My intention is to bring these teachings to inmates and also to other groups that may not have access to mindfulness classes. I have been teaching MBSR and MBCT for years, and I can now see how your particular approach to transformation has something unique and incredibly valuable for ourselves, our communities, and the world.”

~Participant, POF Online Training

“I feel like this whole program has allowed me to look at myself deeply and ask myself “Am I like that? Do I do that?”. I could always hear the same words from my therapist, yet never understood what it meant. This program has shown me, not only what does it mean, but how to deal with it in a calm and thoughtful way that is safe and healthy for me. I understand my own Path of Freedom is my responsibility and to stop blaming others for my misery. I appreciate this training deeply!”

~Participant, POF Online Training
Prison and Facilitator Trainings
During 2016, PDN Founder Fleet Maull led Path of Freedom™, MBWR™ and other mindfulness-based emotional intelligence (MBEI) training programs for prisoners, prison facilitators, correctional staff and others in Colorado, Kentucky, Los Angeles, New Mexico, New York, Oregon, Washington, Washington DC, and Wisconsin.

Networking and Community Building
We have worked for over 25 years to build a well-resourced, national and international prison meditation movement. We provide support, resources, and training to prisoners, their families, prison ministries, outreach programs, volunteers and corrections professionals.

Online Network Database
Our searchable online database includes 175 Prison Dharma Network member organizations worldwide.

Accomplishments

“Before taking this class I used to blow up all the time, that’s just who I was. Now I can step back, take a breath and not get involved. My mother says I’ve changed. My sisters, too. Even my girlfriend asked my sisters what they did to me!”

~Prisoner, Path of Freedom Class

“It is important that we do not forget what happens in our prisons, nor what they are for. Prisons should not only be focused on punishment, but also on rehabilitation. No one is entirely evil, for everyone does possess a basic sense of humanity at some level. Indeed we Buddhists believe that everyone has Buddha nature, the potential to become a Buddha. In our various communities it is important to ensure that the prison system functions in the interest of us all.

I am pleased to learn that the Prison Dharma Network [Prison Mindfulness Institute] is working to support rehabilitation through education and other activities within the prison system. I am confident that these projects will be of long term benefit both to prison inmates and society at large and offer my prayers for their success.”

~H.H. Dalai Lama
Books Behind Bars: Support for Prisoners, Prison Chaplains and Libraries
We provide shipments of books on meditation, Buddhism, and other contemplative practices and teachings from the world’s great wisdom traditions to prisoners, prison chaplains and prison libraries. In 2016 we sent over 1361 books on meditation and contemplative spirituality to prisoners, prison chaplains and prison libraries. We continue to partner with Tricycle Magazine to provide chaplains and librarians with downloadable materials and resources on our website, including the Tricycle Meditation Kit, and the PMI Meditation Kit, as well as a yoga instruction kit.

Prison Dharma Press
As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries and volunteers nationwide, including: Sitting Inside: Buddhist Practice in America’s Prisons, Dharma In Hell: The Prison Writings of Fleet Maull, and Path of Freedom Workbook.

“Prison is full of violence and hate but meditation keeps me on the opposite side spreading peace and love. I have been able to lead others away from violence and hate because of the peacefulness and understanding that meditation has instilled in me.”

~Books Behind Bars Recipient

“My life in prison is a much more peaceful experience because of meditation. It helps me deal with angry and abusive people with an open heart because it builds equanimity, tolerance, patience, and mindful awareness.”

~Books Behind Bars Recipient

“We thank you for your services and support of our spiritual journeys. Our sangha is small but we’re close-knit. We have few resources available to us but we do the best with what we have. It’s not every day (especially in our environment) that acts of kindness and compassion are shown, so we’re very grateful for your network. We would like you to know that the materials you donate are greatly appreciated and will not sit idly on a shelf to collect dust.”

~Books Behind Bars Recipient
Prison Mindfulness Research Project:
PDN has established a stellar committee of seasoned researchers to develop research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions as evidence-based practice (EBP) in corrections.

Please visit our website prisonmindfulness.org for information regarding our published research and current research initiatives.

PMI’s Research & Program Evaluation Committee
Brad Bogue, M.A.
Willoughby Britton, Ph.D.
Jennifer Clark, M.D.
Kate Crisp, B.A.
Sam Himelstein, Ph.D
Mitchell Levy, M.D.
Fleet Maull, M.A., Ph.D candidate.
Dave Vago, Ph.D

Center for Mindfulness in Corrections (CMC):
In 2012 we established CMC as a division of PMI to offer mindfulness-based wellness and professional development training to criminal justice professionals and treatment providers. Since 2013 we have been delivering a 10-week Mindfulness-Based Wellness & Resiliency (MBWR™) training for corrections professionals, law enforcement, and treatment providers in Kentucky, Massachusetts, and Oregon.

In 2016 we began developing an 8-Module online version of the MBWR™ curriculum that formerly only took place as an in-person training. The MBWR™ curriculum helps correctional officers and other criminal justice and treatment professionals increase physical, mental, emotional, and spiritual well-being and resilience while also developing emotional and social intelligence skills for people working in high stress environments. The online course, to be launched as a pilot program in 2017, will allow this program to reach a larger number of individuals and institutions in the criminal justice field.

See: www.mindfulcorrections.org

“...I was taught defensive tactics. I was taught situational awareness. I was taught how to do searches. I wasn’t taught how to take care of me. I was in a place after nineteen years in corrections that I really didn’t want to be. I would get in my vehicle on my way home and have to stop to throw up. I consider myself one of the statistics. I’ve got high blood pressure. I’ve got high cholesterol. I’ve noticed that in doing the breathing and mindfulness-based practices, I’m able to lower my blood pressure. When you keep everything inside something is bound to break. Using the tools, I’m able to communicate a lot better than before and the inmates see it, too.”

~Participant, Center for Mindfulness in Corrections MBWR Program
The Engaged Mindfulness Institute (EMI), formerly Peacemaker Institute, was founded in 2001. In 2015 we launched the Engaged Mindfulness Institute (EMI) with a year-long Mindfulness Facilitator Training and Certification program for professionals and paraprofessionals bringing trauma-informed mindfulness to at-risk individuals and underserved communities. The Institute delivers trainings developed from a rich tradition of spiritually grounded, contemplative and mindfulness-based peace and social change work combined with the latest developments in neuroscience based leadership training. Mindfulness is foundational to all of our trainings.

Our first cohort of 36 participants graduated in June of 2016, and our second cohort of 39 participants is presently in training and will graduate in June 2017. We are currently enrolling the third cohort for the 2017-18 training.

In 2016 we also launched Year Two of our Mindfulness Teacher Training with 14 participants continuing on from Year One for a second year of advanced training and supervised practice-teaching.

See: [www.engagedmindfulness.org](http://www.engagedmindfulness.org)

“I am extremely grateful for how organized and strategic the teachings/materials are presented in this course. This skillfulness has helped me to really recognize my innate capacity to be kind to myself and to others. I could not have imagined that this course would have helped me to go beyond the “boundaries of my heart” in such a profound way. My heart has expanded tremendously during this course.”

~Participant, Engaged Mindfulness Institute Training Program

“This course has deepened my practice and understanding every single day since we began with our retreat. The fruits of the study and practice are evident in virtually every aspect of my life most especially in my deepening love and compassion for self and other. I truly appreciate the genuine sharing of knowledge and passion from every one of our teachers. The design of the course is very accessible and the online group forum is amazing in its capacity to support a real sense of community among the students and faculty.”

~Participant, Engaged Mindfulness Institute Training Program
**STRATEGIC PARTNERSHIPS AND COLLABORATIONS**

**Prison Dharma Network Organizational Members**
We are committed to supporting, promoting and facilitating the work of our 175 PDN member organizations. Our membership includes almost all of the organizations and groups, large and small, doing meditation-based or contemplative prison work in the U.S. and a number of groups working in Europe, Latin American and Pacific Rim Countries such as Australia and New Zealand.

**Brown University Collaboration**
The “Training Leaders of the Future Through Community Engagement Internships” project provided collaborative opportunities for undergraduate concentrators (majors) in the newly formed Contemplative Studies Concentration at Brown University. These internships provided students the opportunity to work in organizations that bring contemplative practice into the domains of social engagement.

Contemplative Studies at Brown had and ongoing existing collaborative relationship with the Prison Mindfulness Institute (PMI), many Brown students have volunteered with PMI, and one continued working with the organization after graduation as a Project Manager.

**Justice Systems Assessment & Training (J-SAT)** brings Evidence-Based Practices (EBP) and performance measurement strategies to federal, state, and local correctional agencies through evaluation, training, assessment and research services. PMI is partnering with J-SAT to evaluate the effectiveness of Mindfulness-Based Wellness & Resiliency (MBWR™) and Motivational Interviewing (MI) training programs for corrections professionals.

**Mindful Justice Initiative (MJI)**
In collaboration with the Berkeley Initiative for Mindfulness in Law (BIML) at the UCAL Berkeley Law School (now Transforming Justice), PMI launched a Mindful Justice Initiative (MJI) designed to catalyze a national conversation about comprehensive criminal justice reform from a mindfulness perspective. We brought together more than twenty influential thought leaders in the field for working conferences at the Berkeley Law School in 2014 and the Fetzer Institute Seasons Conference Center in 2015. Our work thus far has led to opportunities to offer ongoing mindfulness training for prosecutors, judges, public defenders and sheriff’s deputies in Santa Clara County, CA, with interest from other California jurisdictions. We are currently seeking funding to organize a third working conference for 2017 or 2018.

See: [www.mindfuljustice.org](http://www.mindfuljustice.org)

---

“This group has given me the opportunity to begin to work on releasing the hyper-vigilance and hardness that seems to come with doing this job. This is the first step to reclaiming a ‘self’ that I had lost sight of.”

~Participant, Center for Mindfulness in Corrections MBWR Program
PMI: SUSTAINING THE CHANGE

2017 Development Campaign Goals:
PMI is now bringing evidence-based mindfulness programing to the full breadth of the criminal justice system, from law enforcement and the court system to corrections, probation and parole, treatment and reentry programs. We are engaged in multiple research initiatives to drive innovative policy advancements. The bold effort to initiate system-wide change requires significant resources for program and faculty development, research and training. We ask you to join with us in this exciting and challenging systemic change campaign to transform our criminal justice system into a vehicle for healing, transformation and hope, as well as public safety and security, by helping us to reach our fundraising goals for 2017:

- Annual Appeal ........... $300,000
- Major Gifts ............... $300,000
- Grants .................... $300,000
- Programs ................ $300,000
- Total Fundraising Goal ... $1,200,000

Support us in any or all of the following ways:
- Donate to the Annual Fund full-heartedly so that we can achieve our goal of transforming our criminal justice system into a force for healing.
- Join our Legacy Circle with a multi-year gift of support for our Path of Freedom or Books Behind Bars programs. By committing and contributing to this fund in an ongoing way, you help countless youth and prisoners find a way to make their lives meaningful rather than harmful to themselves and others.

Every gift of any amount is greatly appreciated by us and all of the thousands of prisoners we serve. Your donations are tax-deductible and will make a difference in the lives of so many in need.

Gifts may be made online at: www.PrisonMindfulness.org

or send to:
Prison Mindfulness Institute
PO Box 206
South Deerfield MA 01373

“I have been honored to serve as a spiritual advisor to the Prison Dharma Network since its founding and fully endorse the work they continue to accomplish. Through my own experience with prisoners, I have directly witnessed the transformative potential of prison meditation programs. Please support Prison Dharma Network in any way you can.”

~Acharya Pema Chodron
On behalf of our Board and Staff we would like to thank our dedicated program facilitators and donors:

**FACILITATORS**

**Path of Freedom (East Coast)**
- Derrick Cotnoir
- Kate Crisp
- Jonah David
- Steve Decolibus
- John Gillard
- David Margolis
- Paul Mooney
- Susan Phenix
- Jim Landers
- Mark O’Leary
- Buck Reidy
- Gary Schapiro
- Claudia Summer
- Richard Sylvester
- Micah Thanhauser
- Keith Toni
- Nealy Zimmerman

**Path of Freedom (Georgia)**
- Tommy Housworth
- Doug Jackson

**Path of Freedom (Oregon)**
- Fred Sly

**MBWR Program (Oregon)**
- Teddy Gardner
- Carolyn Jean Guidry
- Elaine Hultengren
- Kristen LeGore
- Sarahjoy Marsh
- Doug McCanne
- Fred Sly

**Mindful Justice (California)**
- Dan Carlin
- Ron Greenberg
- Charlie Halpern
- Rhonda McGee
- Ron Tyler
- David Zlotnick

**DONORS**
- Anthony Abbott
- Julian Abiodun
- Michelle F Accardo
- Mark & Susan Ackelson
- Denise Ackert
- Christine Ackmann
- Charles V Adams & M. Theresa Kelleher
- Cheryl Adams
- Eva Alberts
- Eric & Kathryn Albrecht
- Nancy Alden
- Amber Aldrich
- Mark Alexander
- Tina Alexander
- Alfred & Annette Morse Foundation
- Karen Allaire
- Jane Alper
- Alison Alpert
- Nancy Amsler Petty
- Elizabeth Anderson
- Philip Anderson
- Shirley & Thomas Anderson
- Athena Angelus
- Edgar Anolin
- Nancy A Anselmo
- Michael Appleby
- Mark & Karen Archambault
- Loyce Archer
- Barbara Armbuster
- Kristine Arnold
- Winifred Arnold
- Harvey Aronson
- Susan Arterian
- Kathleen Aseltyne
- Gail Ashburn
- Lorianna Ashlee
- Rao L Atluri
- Jean Audsley
- James Austin
- Paul Baber
- Charles W. Bailey Jr & Jane Segal
- Diana Bailey
- LaG Bailey
- Mark Baldwin
- Patricia Balkonis
- Michael Balogh
- Adana Barbieri
- Carolyn & Bruce Barkley
- Patricia Barry
- Priscilla Barton
- Amy Bauman
- William & Janice Baumann
- Susan M Baumgarten
- Paul Baxter
- Frank Beadle
- Peter & Kristin Becker
- Nicholas Beem
- John Bell
- Mary & Anzio Beltramello
- Vered & Eli Ben-Anat
- Sayoko Benallie
- Evelyn Bender
- Karen C Bender
- Elizabeth Benedict
- Gail Bennett
- Karin Bennett
- Beth Bentley & Edward Dougherty
- Carol Benton
- Marcia Beram
- Marcus Berardino
- Derek Beres
- Rey & Bari Bergelin
- Erik Bergmann
- Samuel Berkowitz PhD. Inc.
- Frank Berliner
- Janet C. Berlo
- Paul Bernstein
- Anna Betker

**Board of Directors**
- Michael Brady
- Kate Crisp
- Parker Krasney
- Fleet Maul
- Frank Ryan

**Board of Spiritual Advisors**
- Acharya Pema Chodron
- Thupten Chodron
- Rabbi David Cooper
- Roshi Bernie Glassman
- Joseph Goldstein
- Roshi Joan Halifax
- Jon Kabat-Zinn
- Father Thomas Keating
- Jack Kornfeld
- Elizabeth Mattis-Namgyel
- Sakyong Mipham Rinpoche
- Sharon Salzberg
- Matthieu Ricard
- Thrangu Rinpoche

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine

**In Memorium:**
- Robert Aitken Roshi
- John Daido Loori Roshi
- Stephen Levine
Prison Mindfulness Institute
PO Box 206
South Deerfield MA 01373

info@prisonmindfulness.org

Prison Mindfulness Institute is a 501(c)(3) nonprofit organization, and all donations are tax deductible.