



## “INTEGRATING MINDFULNESS INTO YOUR CLASSROOM”

Ali and Atman Smith  
Andres Gonzalez  
**Holistic Life Foundation**

**THURSDAY, APRIL 14, 2016**  
6:30 pm - 8:30 pm  
Brandywine Hall, Room 031

Andy, Atman, and Ali, the co-founders of the Holistic Life Foundation, a 501(c)3 non-profit organization have been bringing yoga & mindfulness to under-served communities for over 12 years, both in their hometown of Baltimore, Maryland and internationally. Their first afterschool program of just 20 kids was phenomenally successful. Within just 2 months, all of the kids in the program were no longer getting detentions, were showing up to their classes, and, for the first time ever, passing all of their classes. Some of those same students now teach for them at local colleges, in the afterschool program, and at senior centers in the city. Since then, they've been teaching all over, with students ranging from kindergarteners to senior citizens. They will discuss the success of their programs and how to apply many of the same contemplative practices with any age group.

**THIS EVENT IS FREE, BUT PLEASE REGISTER HERE:** <http://wcuhealthsciences.ticketleap.com/mindfulness>

To learn more about the **Holistic Life Foundation**, check out their website: <http://hlfinc.org/>

Check out this short video of the founders at TEDx in Charlottesville: <https://youtu.be/SBJ7MUJzvZc>



*This special event presented by:*  
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