

we are  
boundless.





affirming a future  
where the hearts  
and minds of youth  
can fully flourish.

Every time we host a teen retreat, 'it' happens — an extraordinary moment when a young person realizes one of life's deepest truths: "I am boundless."

The moment might come and go in an instant, as the weight of the world they carry sets back in. But that doesn't matter. The seed is now planted and begins to take root.

This process doesn't happen to just one teen. It is seen and felt by many, a whole community of teens and caring adults planting seeds and rooting together: "We are boundless."

Soon, the first retreat becomes a tradition, the community becomes a family, the seeds become trees, and the trees become a forest.

Being boundless does not mean we're free from life's challenges. In fact, it's quite the opposite — we are evermore aware of their existence. We're also evermore aware of the immense inner power and resilience we have to hold them, heal them, transcend them.

Just consider all the tiny seeds greeting the challenge of becoming a forest — they must somehow understand: "We are boundless."





boundless love  
and acceptance

Inward Bound Mindfulness retreats provide 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.

inward  
bound  
retreats  
change  
lives.



6

days,  
5 nights  
of retreat

5

hours  
of daily  
silence

3:1

teen  
to adult  
ratio


1

epic  
dance  
party

0

phones  
or  
screens





inward bound is the  
national leader in  
immersive mindfulness  
for youth.

2.6k

teen retreat  
alumni; 50%  
return for  
another retreat

\$1.9m

in tuition  
assistance since  
2017; 78% of  
participants  
have benefited

130

graduates from  
our year-long  
teacher training  
program

33

years of teen retreats;  
some of the first teens  
help lead Inward Bound today

16

states & 3 countries  
where programs  
have been offered

98%

of teens  
had an overall  
positive experience  
on past retreats



# the growth of mindfulness education and the importance of our programs

The future of mindfulness education is promising.

All across the country, new organizations are sprouting up with missions of serving youth and the adults who support them through mindfulness. Young people are embracing presence and compassion, school communities are earnestly working to be more connected, and the network of youth-serving professionals teaching mindfulness is growing rapidly.

Among this incredible network of organizations advancing mindfulness education, there is one way Inward Bound stands alone as an important leader: **Inward Bound is the only organization providing out-of-school mindfulness retreats.**

We hold a critical responsibility in the field of mindfulness education: to complement and amplify the impacts of in-school programs and to expand the value and capacity that youth-serving professionals have for sharing immersive mindfulness experiences with youth.





# lasting impact

## a heartfelt reflection from a teen retreat alumni

When I was a teen struggling with the lonely and tumultuous experience of adolescence, Inward Bound retreats were a refuge. For a week at a time, I found a sense of belonging, acceptance, and safety I so rarely felt in my everyday life. I learned how to hold myself with kindness and to give myself space to feel challenging emotions. I connected with like minded teens, and came to understand the universality of human suffering. These social and emotional skills built up my resilience to trudge on during those difficult years.

After graduating college and starting full time work at an eating disorder treatment center for teens, I now have a renewed and transformed gratitude for my time on Inward Bound retreats. Every day at work, as I encourage teens to sit with uncomfortable emotions, as I guide them to ground themselves in their bodies, and as I ask questions and hold whatever suffering is expressed in the responses, I think, “Inward Bound was the best education I’ve ever received.”

The tools I gained from my teen years at Inward Bound now serve far beyond my own well-being, and have a tangible impact on the work I do. I feel, in a way, that I am continuing a cycle. Years ago, Inward Bound helped me navigate the unique suffering of adolescence. Now, I am honored to apply what I have learned to support the next generation of teens.

And I know my story is not unique, because I have stayed connected with my Inward Bound friends, and I have heard the inspiring stories of all the good they are also doing in the world.

I hope you will join me in supporting this campaign, so that Inward Bound’s transformative power can be shared with more teens, and together we can fill this world with more love and compassion.

**Hannah Carroll**

Teen Retreat Alumni, Former Inward Bound Board Member



# our vision: a future where teens' hearts & minds are boundless.

Many youth today see the world as an unsupportive and even adverse place. Antiquated systems of power and worsening social-environmental challenges restrict their sense of agency, undermine their well-being, and erode their hopes for the future. Even their school communities have become political battle grounds as many states and local school districts are taking steps backwards with anti-racial justice and anti-LGBTQIA+ policies and resources, resulting in environments that don't fully recognize or support youth.

And yet, in the face of this reality, young people continue to show up, ready to do something about it.

It's time to meet their steadfastness with more intentional care. Our society needs to go beyond reactive support and strive with them to shift the underlying harmful paradigm, to validate and tend to their thoughts, emotions, and needs.

If we truly seek to nurture youth on their whole journey into adulthood, then highly transformative, liberating experiences must be part of the solution.

We need more safe, immersive spaces where young people can discover the core of who they are, be seen and celebrated for who they are, and learn how to embody and share who they are within the world.

This is the work of Inward Bound Mindfulness.

This campaign is about meeting the needs of a generation by centering our attention and action on what's most important—the lives of young people—so that more and more of them can access life-changing experiences and live into their boundless selves.





this 3-year plan will bring  
many benefits to thousands  
of teens. Here are a few.



we are boundless,  
from seeds to forests  
and back again.







## YOUTH PROGRAMS

Leading with what emphatically works.

We do more than teach mindfulness and prepare teens for “success”; we open doorways to deep-seated power & purpose with infinite ripples on personal & collective healing. As we reflect on our history and look towards the future, our mission & vision remain constant, because we know our programs work, and the need for them is immense.

At the end of every retreat, the outcome is always the same: everyone departs forever changed in profound ways and yearning to come back. In the wake of striking global change, it's time to expand access to our unique & timeless programs that welcome young people into the heart of transformation.



### Planned outcomes:

- 🌿 2 additional regions with annual teen retreats, focusing on cultural centers with historically deprioritized teen populations
- 🌿 Newly developed affinity and other thematic programs, such as BIPOC and LGBTQIA+ spaces, both online and in-person, to build a continuum of practice and connection pre- and post- retreat
- 🌿 Added outreach personnel to grow and support regional youth networks year-round





## EQUITY & INTERDEPENDENCE

Tending wholly to each teen.

Authentic belonging is a top priority within Inward Bound's diverse communities. We strive for true representation in our teachers and staff to help all youth, especially those marginalized, feel welcomed and safe.

Now, more than ever, teens need supportive spaces that go beyond empathy and connect with them through shared lived experience. To continue to meet this need, our programs must have content, adult mentorship, and peers that every teen can deeply identify with and explore as a way for realizing our interdependence.



### Planned outcomes:

- 🌿 New Diversity, Equity, Inclusion, and Accessibility Lens for codifying organizational values into our decision-making process
- 🌿 Expanded access within all programs, including retreats, for youth living with diverse physical and cognitive abilities
- 🌿 Enhanced trainings for Inward Bound teachers and mentors to aid them in further supporting teens' sense of personal identity and belonging





## SYSTEMIC IMPACT

Sharing our wisdom with the world.

Inward Bound teachers and mentors have deep roots in a diverse lineage of youth mindfulness instruction, integrating decades of personal practice with culturally-responsive, trauma-informed teaching frameworks. Their collective wisdom is a rare gift to be shared with the world.

With 120+ faculty and mentors, we are uniquely positioned to increase the systemic impact of our work by offering custom programs to school communities and youth-serving organizations and by expanding the trainings we offer to educators.



## Planned outcomes:

- 🌿 12 new service partnerships, offering custom programs to youth and youth-serving professionals
- 🌿 100 Teacher Training graduates with 15 teachers added to Inward Bound faculty, increasing capacity and representation, both nationally and in regions we serve
- 🌿 Sustainable financial model with +/- 5% ratio of program fees to direct expenses



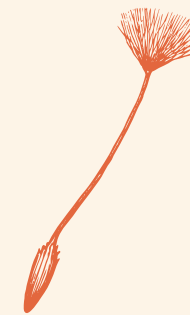


## ORGANIZATION

Keeping youth at the center, always.

On retreat, teens are the absolute center of focus, held within a container of radical care and trust. Many teens take refuge in this rare space, and draw on it to access healing and insights seldom experienced in everyday life.

We want teens to feel held in every interaction with our organization and see Inward Bound as a beacon of how the future of purposeful work will be—from our brand and outreach to our organizational commitments and structure—so that we can be more authentic, build more trust, and welcome their wisdom and leadership.



## Planned outcomes:

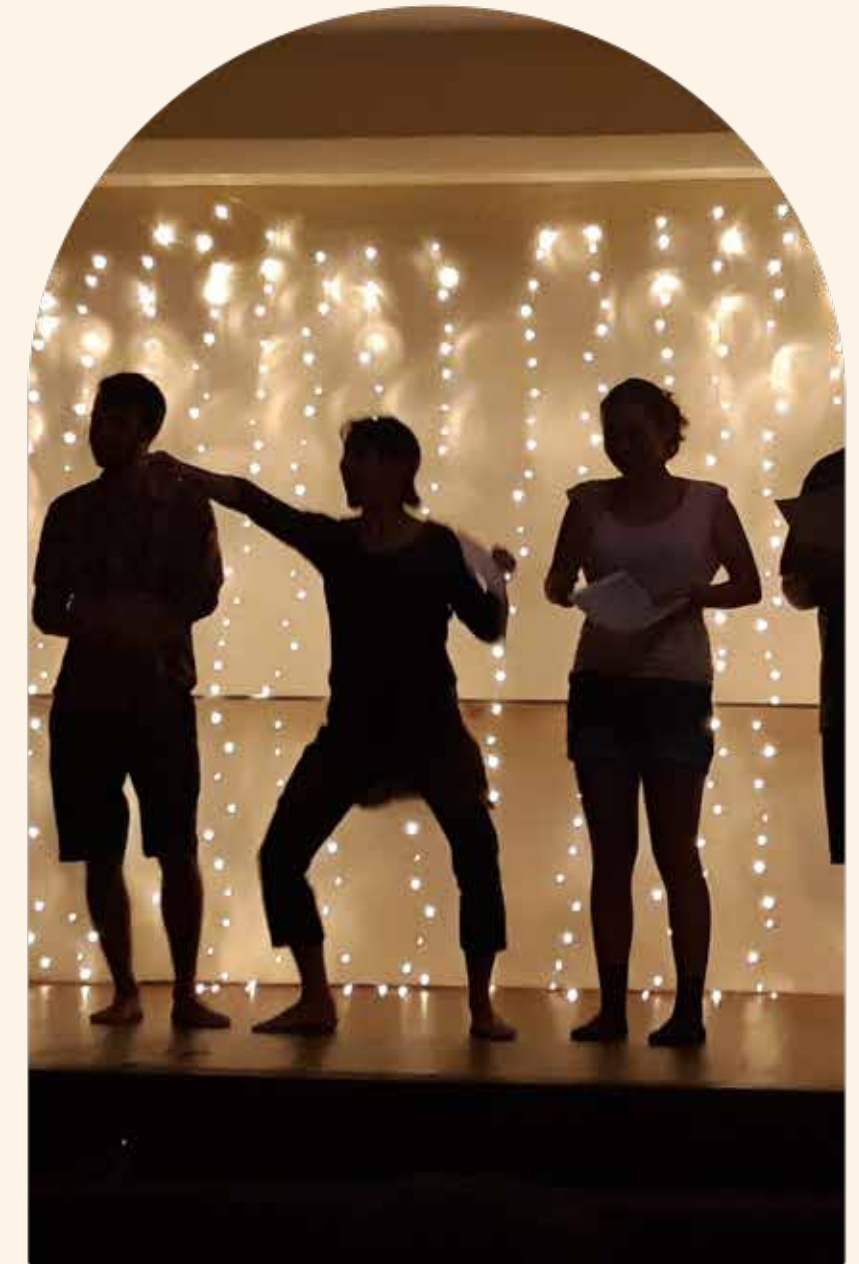
- ✎ Refreshed Inward Bound brand and website that consistently reflect our commitment to equity and embodies the lived experience of Inward Bound youth by weaving their perspectives into the process
- ✎ Fully documented Collaborative Leadership System with clear pathways and support for community involvement
- ✎ Expanded role and influence of 12-member Youth Advisory Committee within the Collaborative Leadership System





“I understand now that every single person has unique struggles of their own and spreading pure love and kindness can leave such a huge impact on others’ lives.”

**Opal**  
Michigan Teen Retreat Attendee



“The last night, four other people and I were all having a hard time and we went and sat in a circle under the stars and shared our stories and listened and supported each other and it was incredibly relieving and meaningful.”

**Teen**  
NorCal Teen Retreat Attendee



“The rich, rigorous, stimulating curriculum unapologetically inclusive of today’s most urgent issues for teens alongside the structured time for personal practice with the support of a wise and deeply committed teaching team has enriched my life and greatly supported the teaching and facilitating that I do. It’s inspiring to be part of a program that is dedicated to confronting the issues of our world for the benefit of young people, all people, and the planet...”

**Valerie S.**  
Teacher Training Graduate





# the investment needed to make this vision a reality for teens

We are seeking transformational gifts from our committed supporters to build the necessary capacity to achieve our goals over the next three years. This added capacity will also create new sustainable sources of earned revenue through custom programs.

**Your investment** in this campaign will change the lives of thousands of youth across the U.S. through direct programs for teens and the expanded compassion and skills of youth-serving professionals. The impact these young people will have in their communities and future generations they care for as adults will be immeasurable.

# \$1M

OUR GOAL

- 🍃 \$540K to launch new regional retreats and expand program personnel
- 🍃 \$170K for Teacher Training scholarships in regional centers
- 🍃 \$155K for brand refresh, new website, and digital infrastructure
- 🍃 \$135K for Equity and Collaborative Leadership efforts

\$565K  
raised  
as of  
Feb  
2024





# how you can support the boundless potential of teens

We are seeking pledges at the following levels. Please select the right level of giving for you.  
We are happy to structure your gift in the way that works best for your needs, including multi-year pledges.  
You may make a pledge now and spread payment of your gift—and tax deductions—over as much as four years.

In addition to individual cash gifts, giving options include donor-advised funds or family foundations,  
appreciate stocks, bonds, and mutual funds, and cryptocurrency. If applicable, please consider matching programs  
of corporations or foundations you are affiliated with to double/triple the impact of your gift.

## FERTILE GROUND

seeking 3 gifts

\$250,000

\$100,000

## CLEAR WATER

seeking 5 gifts

\$75,000

\$50,000

## VIBRANT SUNLIGHT

seeking 15 gifts

\$25,000

\$10,000

\$5,000

## CARING HANDS

seeking 30 gifts

\$2,500

\$1,000





say it with us.  
“I am boundless.  
we are boundless!”

For the teens we serve to be boundless,  
we each need to find our own special way to  
be boundless – in our dreams, goals, and giving.

We invite you to join the remarkable youth of  
Inward Bound. Be boundless. Help make this plan  
a life-changing reality for thousands of teens!

To learn more about this campaign or to make  
a gift, please contact David Macek at  
[david@inwardboundmind.org](mailto:david@inwardboundmind.org)