



custom programs

services & pricing

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our story

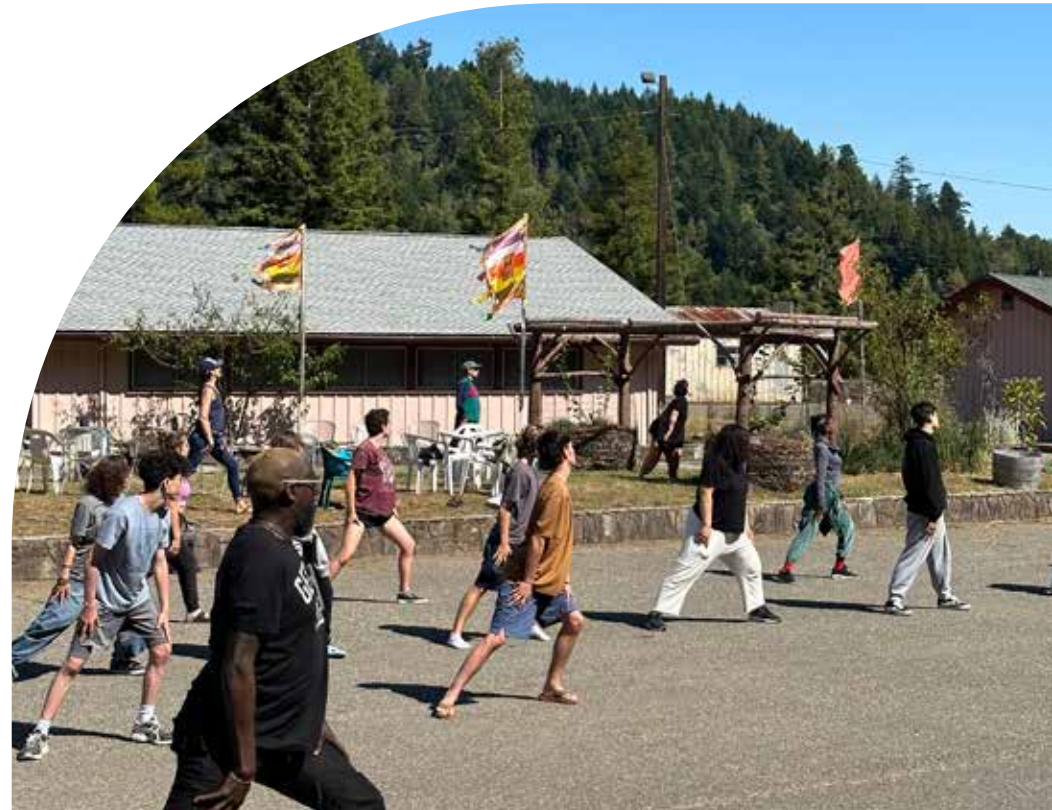
blazing a trail in immersive mindfulness education

Inward Bound Mindfulness envisions a future led by generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with focus, resiliency, and compassion for themselves, their communities, and the global environment.

As the national leader in immersive mindfulness education, Inward Bound holds a critical responsibility in the field: to complement and amplify the impacts of in-school programs and to expand the value and capacity that youth-serving professionals have for sharing in-depth mindfulness experiences with youth.

Inward Bound formed from the foundation of a 30-year lineage of teen mindfulness which began with retreats offered in Barre, Massachusetts in 1989. Inward Bound's signature youth retreats have been offered to more than 5,000 alumni worldwide. Inward Bound's programs have expanded to include online

offerings and virtual programs for specific affinity groups such as BIPOC and LGBTQIA+ groups. Programs aimed at systemic impact include Inward Bound's internationally accredited Teacher Training program and Custom Programs in partnership with schools and youth-serving organizations across the U.S.





change model

providing young people with our best attention and support



Inward Bound's transformative curriculum provides a rare opportunity for young people to experience deep, prolonged insight into their own experience while forging authentic connections within a fun and welcoming community of peers and mentors.

Using research-backed formats and culturally-responsive, trauma-informed teaching frameworks, we impart lessons in self-awareness and empathy and teach techniques that can be used to calm and focus the mind.

Our retreats provide participants with opportunities to learn and implement both individual and relational mindfulness practices. They also teach how to apply mindfulness content and skills to daily life.

Our non-retreat programs include courses and workshops that play a critical role in building connections and new skills pre-retreat and supporting the integration of practices post-retreat.



learning objectives

nurturing the emotional and mental well-being of youth

Our mindfulness programs are supported by a growing body of developmental, psychological, and educational research that demonstrates the transformative impacts of mindfulness for adolescents.

The specific benefits and impact of Inward Bound's teen retreats have been evaluated, including by Dr. Brian Galla from the University of Pittsburgh. Dr. Galla's 2016 peer-reviewed article, published in the Journal of Adolescence, concluded that:

“changes in mindfulness and self-compassion predict enhanced emotional well-being in healthy but stressed adolescents.”

The youth-learning objectives we meet through our programs are:

- an understanding of and the ability to practice mindfulness in both formal and informal settings
- the ability to focus the mind and concentrate on a neutral object of attention, and cultivate relaxation and calm
- an understanding of how mindfulness is used to work with thoughts, emotions, and physical sensations
- growing sense of self-awareness, leading to self-acceptance and appreciation
- an understanding and ability to attune to other people's experience through paying attention, listening, and authentically sharing with others
- cultivation of compassion, empathy, and increased perspective-taking through practicing relational mindfulness



learning objectives cont'd

nurturing the emotional and mental well-being of youth

In addition to all of the youth-learning objectives stated above, the additional learning objectives that we meet through our youth-serving adult programs are:

- an embodied understanding of how to bring a fun, lively approach to teaching mindfulness;
- exploration of how to meet the unique needs of a diverse audience, and develop sensitivity and responsiveness to whoever is in the room;
- the ability to communicate on an intuitive, relational, and cognitive level;
- practice facilitating conversations that dive deep into important issues happening in our world;
- ways to support students in how they navigate social situations, make meaningful connections, and step into the challenges of their lives;
- tools to bring the lens of social justice into mindfulness education, inside and outside the classroom.





program instruction

creating a welcoming and safe community and learning environment

Our extensive community of trained professionals is dedicated to empowering teens and young adults in a supportive environment. Inward Bound retreat staff are experts in the areas of mindfulness, health, and education, and bring years of personal mindfulness practice to their roles. They embody what they teach—modeling authenticity, compassion, and respect for the young people they serve.

We staff all our programs with teachers and mentors who reflect the great diversity of our participants. We also ensure a very low participant to staff ratio—

generally 3:1 on teen retreats—to create the safest and most nurturing container possible.

Programs are led by two experienced meditation teachers with decades of personal retreat and teaching experience. Additional roles on retreat include assistant teachers, mentors, mental health coordinators, health coordinators, movement coordinators, and administrative managers. Some of the retreat roles may be filled with your own staff depending on their skills and experience.





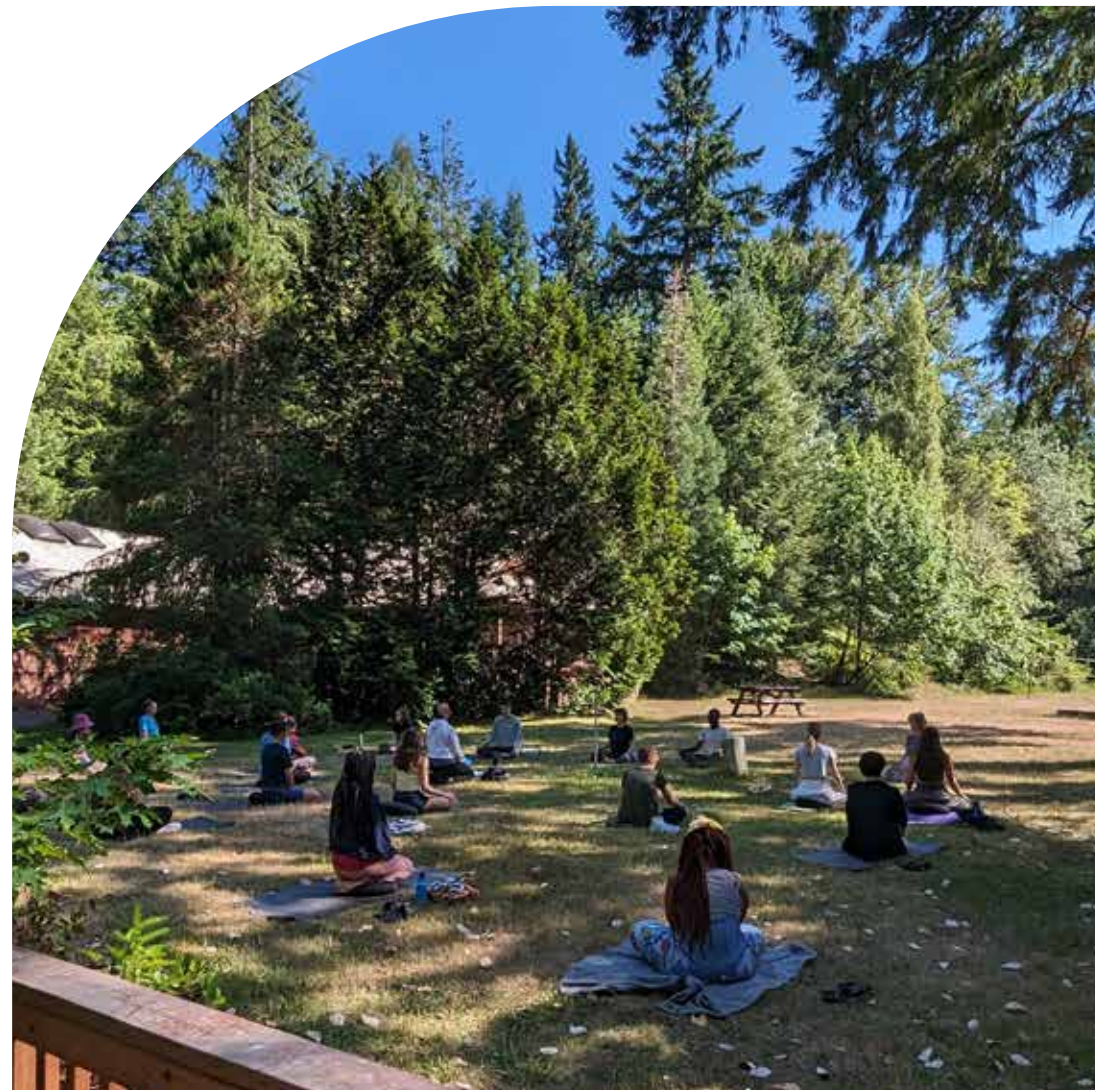
services & pricing

scalable and customizable programs to achieve your goals,
with simple and clear cost options to stay within your budget

The services outlined in the next pages can be customized by our expert faculty to fit a wide spectrum of audiences:

- teens (15–19 years old)
- young adults (18–25 years old)
- youth-serving professionals & educators
- multi-generational groups

We will also strive to develop a plan with you that fits your budget, and we are happy to explore alternative sources of funding with you.





multi-day residential retreat

service

Our signature program—residential retreats—provides daily flows of guided sitting and walking meditation, relational mindfulness practices, special workshops, and both silent and non-silent free periods.

The rhythm of structured and unstructured practice time can be both challenging and deeply rewarding for participants who are working to integrate mindfulness skills into their daily life. While on retreat, participants also agree to be tech-free.

Mindfulness in daily life topics include: navigating difficult emotions; mindful communication; mindful eating; using technology and social media wisely; practices for compassion, self-awareness, and kindness; and applying mindfulness to social issues.

Without fail, participants report that their favorite part of retreat is being able to connect with each other deeply in small groups. These groups meet twice a day on retreat and are facilitated by two Inward Bound mentors who are holding the container of connection and discussion among participants.

Participants also get the chance to experience workshops every afternoon from improv games to bird watching to sports to journaling and more.

View a sample daily schedule. Individual retreats may vary. The staff team strives to be responsive to each group and will make subtle adjustments to the schedule as needed.



multi-day residential retreat

pricing

Our retreats are so effective due in part to the low participant-to-staff ratio. Thus, costs do increase with retreat size.

base instruction, mentorship, supplies, & admin support*

12–20 participants → \$15,000
as little as \$750 per participant

21–32 participants → \$20,000
as little as \$625 per participant

33–45 participants → \$25,000
as little as \$556 per participant

46–60 participants → \$30,000
as little as \$500 per participant

*These are the base prices for a 4-night/
5-day retreat. For longer or shorter retreats
or 60+ participants, please contact us for
adjusted pricing.

retreat facility (room & board)

The cost of the retreat facility will
need to be determined based on
varying factors. We will work with
you to determine the best
arrangement possible.

miscellaneous costs

A variety of factors may result
in additional costs, such as:

- participant shuttle service
- add'l staff transportation & shipping
- COVID supplies
- marketing support (e.g., flier design, social media content)



courses & workshops

services & pricing

Our courses and workshops strive to create the most engaging experience through concise instruction, guided practices, individual reflection, small group discussions, and large group share-outs.

Within courses, learning builds off of each session. Participants have opportunities to share about their experience using learned tools in their daily lives.

Whether building community and familiarity with the practices pre-retreat or integrating what they learned post-retreat, our courses and workshops play a critical role in helping participants make the most of their time on retreat.

Courses can span days or weeks, and workshops can be designed for half or full day(s). Either can be offered online or in-person, subject to availability of Inward Bound faculty. Similar to retreats, courses have scaling costs to ensure there is ample support for breakout groups.

base instruction, mentorship, & admin support

10–20 participants → \$5,000
as little as \$250 per participant

21–40 participants → \$7,500
as little as \$188 per participant

41–75 participants → \$10,000
as little as \$133 per participant

*This is the base price for a 12-hour course. For longer or shorter durations or 75+ participants, please contact us for adjusted pricing.

in-person travel costs

The cost of travel for in-person delivery will vary depending on the Inward Bound faculty based in your region. We have a national network of 150 teachers and mentors and will work to minimize travel costs as much as possible.



community building & leadership development services & pricing

There are many ways our highly skilled, diverse faculty can support your community. From professional development of youth mindfulness leaders to coaching and curriculum guidance for educators, this is our most customizable service that requires extended discussion and planning.

These services are offered on an hourly basis at a rate of \$125/hour. Billable hours include in-person instruction as well as preparation. We can work with you to develop a training content plan and schedule.





let's meet!

take the next step and reach out to us

Please contact Erik (erik@inwardboundmind.org) and Nikki (nikki@inwardboundmind.org) to learn more about partnering with us and bringing a Custom Program to your community.

We look forward to meeting you, discussing your needs, and providing a detailed proposal for you.

We will work to bring your vision to life and celebrate the positive impact with you!

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