



mission & programs

we provide mindfulness retreats and resources for teens and the adults who support them

🌐 inwardboundmind.org
📷 [/inwardboundmind](https://www.instagram.com/inwardboundmind)



mindfulness is our passion

Inward Bound believes mindful teens & young adults are integral in building future generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with compassion, focus, and resiliency – for themselves, their communities, and the natural world.

our mission

We provide in-depth, relational mindfulness programming for teens and the parents and professionals who support them. Our programs guide participants in developing compassion, self-awareness, and ethical decision-making and empower them to apply these skills.

our programs



mindfulness retreats

- for teens & young adults
- in-person and tech-free
- compassionate, diverse staff
- guided meditations & practices
- time to socialize, be creative
- sliding scale tuition structure

teacher training

- for youth-serving professionals looking to integrate mindfulness into their work
- relevant, rich curriculum
- one-on-one coaching
- small groups

custom programs

- for partners & organizations serving a spectrum of audiences
- customized retreats, programs, workshops, curriculum
- expert teaching faculty
- retreat-planning services



our commitment

With our core mission of teen mindfulness, we also practice Diversity, Equity, Inclusion, and Accessibility within and without the organization, specifically fostering a Collaborative Leadership model for shared decision-making and strategy-building across diverse staff, teachers, youth and young adults, mindfulness practitioners, and committees.

