



ANNUAL REPORT

FY 2018-2019



Inward Bound
Mindfulness
Education



Growing Up and Out

Between January 2018 and October 2019, 1,143 participants gathered in 15 locations in the US, Canada, and the UK, to attend 32 iBme retreats including a new Teens of Color Retreat and a second cohort of 30 mindfulness teacher trainees.



MISSION

iBme's in-depth mindfulness programming guides teens and young adults in developing self-awareness, compassion, and ethical decision making, and empowers them to apply these skills in improving their lives and communities.



**MISSION-CENTERED
COLLABORATION
COMPASSIONATE
AUTHENTICITY
TRUST, MUTUAL
SUPPORT &
CELEBRATION
EXCELLENCE**



VISION

Our vision at iBme is to support future 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.





Dear iBme Friends,

For growth to happen, it takes time, energy, and space. Just like in nature, the conditions needed for individual and organizational transformation cover a wide spectrum.

For an individual, as we've seen countless times in our teen retreats, if the right conditions are present, growth can be rapid, deep, and long-lasting. And it's remarkable how real this change is not only to the retreat participant, but also to their family and peers. This proven impact is why we commit to a high level of accessibility for our retreats. **Thanks to your support, 78% of all iBme retreat participants received scholarships in the past two fiscal years.**

In 2018 and 2019, iBme added two new retreat locations (Michigan and Kentucky) and expanded our offerings to include our first Teens of Color Retreat and two young adult retreats, one at Harvard University and the other in collaboration with Koru Mindfulness.

For an organization or sector, growth often requires more time and can be difficult to track, but the eventual impacts can be far-reaching. The process requires a deep examination of historical precedents as well as institutional and societal biases that might hamper growth. **iBme is also focused on growing the field of mindfulness education to be more effective, equitable, and integrated.**

iBme hosted two innovative programs — a gathering Convening Leaders in Mindfulness, Youth, and Equity and a Trauma-Sensitive Mindfulness Workshop. Additionally, the yearlong Teacher Training welcomed its second cohort, and a retreat for parents and youth-serving professionals took place at The Garrison Institute.

To be a leader in the field, we must also foster transformative growth internally. To that end, iBme is growing into a collaboration-based organization, replacing standard hierarchies of authority with co-creative responsibilities and individual autonomy. [See page 15.]

Everything we do has been accomplished due to our exceptional iBme community, which includes thousands of teens, parents, teachers, mentors, staff, and, importantly, our donors, who provide the invaluable seeds of support that ripple out to impact the lives of so many.

As we enter our 10th anniversary year, we wholeheartedly thank you for your sustained support, and look forward to partnering with you as we continue to nurture the growth of our world's most important resource — the young people who will lead our future.

—The iBme Staff Team
Amanda, Arielle, David, Jessica, Sarah, and Tom

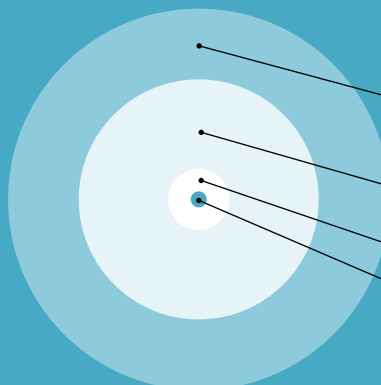
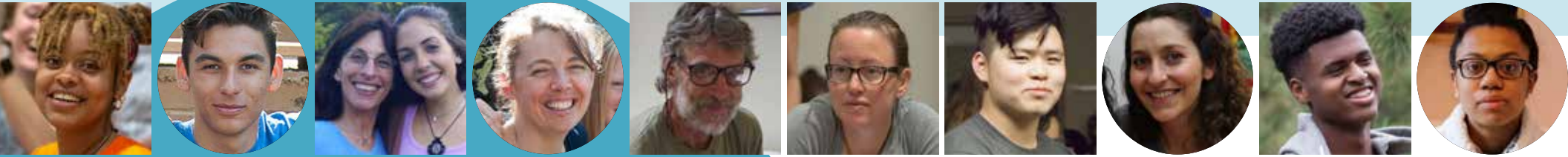
Core Programs

The Transformative Power of Retreats

Retreats are a place of self-discovery, deep connection, and genuine support that every teenager truly needs as they navigate this stage of life. After going on an iBme retreat, I have a much larger awareness of myself, my community, and the world. It has provided tools that continue to allow me to build my confidence, self-esteem, and positive relationships, as well as a capacity to be with the negatives.”

—HAILEY, PACIFIC NORTHWEST TEEN RETREAT

iBme COMMUNITY IN NUMBERS



1,174 Retreat Participants

- 708 Teens
- 292 College Students
- 143 Adults
- 31 Teacher Trainees

288 Volunteer Mentors

90 Teachers & Retreat Staff

23 Board Members & Advisors

6 Core Staff

Program Diversity

30%

of teen participants were LGBTQIA+

32%

of teen participants were teens of color

55%

of iBme retreat teachers were people of color

iBme RETREAT LOCATIONS

TEEN RETREATS

- Colorado
- Southern California
- Northern California
- Toronto
- Virginia
- Virginia New Year's
- Pacific Northwest
- Massachusetts
- Massachusetts New Year's
- United Kingdom
- Kentucky — *NEW in 2019*
- Michigan — *NEW in 2019*
- Teens of Color — *NEW in 2019*

YOUNG ADULT RETREATS (FOR AGES 18-32)

- Nature-Based Young Adult
- Young Adult Spring Break — *NEW in 2019*
- Harvard Fall, Winter, and Spring Break

ADULT RETREATS

- Retreat for Teachers (UK)
- Massachusetts Summer Adult Retreat
- Mindfulness Retreat for Parents and Youth Serving Professionals at The Garrison Institute

OTHER PROGRAMS

- Yearlong Mindfulness Teacher Training Second Cohort
- Making Mindfulness Meditation Safe for Trauma Survivors (one-day workshop)
- Ford Convening Leaders on Mindfulness, Youth, and Justice

UK

Social Innovation

Evolving the Field of Mindfulness Education

iBme allowed me to develop very valuable mindful leadership and collaboration skills. The vast amount of wisdom and compassion shared on retreat gave me a spiritual base that grounds my environmental work and activism I engage in now, for which I am incredibly grateful.”

—LUCIA, NORTHERN CALIFORNIA TEEN RETREAT

TEENS OF COLOR RETREAT

Building a
Multi-identity
Beloved
Mindful
Community

“This experience was
life-changing and
will forever inform
the way I navigate
my life.”

—LANCE S., TEEN
PARTICIPANT





Our vision is an integrated space where teens from all cultures, races, ethnicities, and communities can build deep and caring friendships and cultivate a profound understanding of our shared humanity.

On August 6, 2019 three iBme teen retreat teachers of color and eight experienced mentors of color welcomed 22 teens to our inaugural Teens of Color retreat in Southern California. The retreat was a groundbreaking, transformative, and healing experience.

We believe holding a retreat specifically for teens of color was a powerful step on our path to building a multi-identity beloved mindful community. We chose to host this retreat because we believe that at times racial caucusing can make mindfulness more accessible to groups that have been historically underserved. Our intention was to demystify mindfulness and meditation for youth that may not have as much familiarity with these practices in their communities.

2018 TEACHER TRAINING GRADUATES

Leading with Mindfulness in the World

In 2018, 39 people graduated from the first iBme Teacher Training, after spending a full year immersed in a curriculum designed from the question: How do you adapt the iBme approach to the unique needs of the teens in a given community? We reached out to ask them what they are doing now.



CORINNE COPPOLA | Washington, DC

I am teaching meditation at George Washington University Milken School of Public Health, where I have created my own curriculum. A senior in the class recently told me, “I love going to your class; I’m absolutely getting more out of it than anything else I have ever taken.” It blew me away to think that in 16+ years of education, the class I’m teaching has been the most impactful to her. I am deeply grateful for these practices and the teachers in the iBme program.



ZAC ISPA-LANDA | Vermont

The relationships, deepened practice, and connection to a larger community of committed practitioners was invaluable. iBme is doing beautiful work in the world and I learned so much through this experience.



ANNY CARR | Connecticut

The Teacher Training Program provided me with the expansion of valuable skills and tools, along with important credentials, to successfully implement a school-based mindfulness program in the Title 1 high school where I teach art. I have also been afforded the opportunities to design and facilitate several professional development workshops in mindfulness for 100+ teachers across my district, implement a new course called Integrated Arts and Mindfulness for class credit, and present at the Connecticut Association of Art Educators annual conference. I am grateful for my experiences in the comprehensive program, which was the springboard I needed to make a bigger impact on our youth.

CONVENING LEADERS IN MINDFULNESS, YOUTH, AND JUSTICE

Building Network Capacity and Responsiveness

“I expected to learn, to grow, but I didn’t expect that I would feel this internal shifting. I do equity work. I do white anti-racist work. I work in communities of color. And yet, I was **MOVED** by being here.”

—KORY O’ROURKE, MINDFUL
SCHOOLS





“I’m just so grateful. Because I know that the amount of work by the organizers... made a historic gathering possible. All of us here believe authentic mindfulness is necessary for an enlightened and equitable world. This convening is a pivotal catalyst toward realizing that possibility.”

—STEPHANIE LUZ CORDEL,
MINDFULNESS FIRST

In May 2019, iBme led a powerful convening of 40 organizational leaders and educators working at the intersection of mindfulness, youth, and justice. This initiative was sponsored by the Ford Foundation.

Our goals for the gathering were to:

- Build community among educators working at the intersection of youth, mindfulness, and social justice.
- Grow our commitment to and shared knowledge about equity.
- Share best practices on teaching mindfulness with greater cultural awareness and humility and integrating equity and accessibility more deeply into our organizations.

Across the board, the participants expressed deep gratitude for the gathering and a sense of the profound value of our time and work together. This convening was just a starting point, to lay the framework for how and why equity and justice are integral to our mindfulness practice and educational programs.

TRAUMA-SENSITIVE MINDFULNESS WORKSHOP

Making Mindfulness Safer and More Effective



In June 2019, iBme ran a groundbreaking daylong training with David Treleaven, PhD, author of *Trauma-Sensitive Mindfulness*. Part of the yearlong mindfulness teacher training and open to others, 84 people participated in the workshop, which was designed to equip participants with the tools they need to offer mindfulness in an effective, trauma-safe way.

Emerging research suggests that mindfulness interventions can help or hinder trauma survivors, raising a crucial question for mindfulness educators everywhere: How can we be prepared to minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits at the same time? iBme is excited to be at the forefront of sharing this important science and practice with mindfulness educators around the country.

Want to know more about trauma-sensitive mindfulness? Listen to David Treleaven interviewing iBme Guiding Teachers Jessica Morey and Charisse Minerva Spencer on the iBme blog at ibme.com/blog/trauma-sensitive-mindfulness/.

“Basic mindfulness practice is safer and more effective when it’s paired with an understanding of trauma. From a meditation teacher leading a long-term silent meditation retreat, to a social worker utilizing mindfulness interventions, to an educator leading a five-minute meditation in their elementary school classroom, I believe that anyone offering mindfulness needs to be informed about the risks it presents to people who are grappling with traumatic stress.”

—EXCERPT FROM TRAUMA-SENSITIVE MINDFULNESS
(DAVID TRELEAVEN, PHD, 2018)

Collaborative Leadership

Creating an Equitable Workspace

To empower someone, offer:
input instead of decision;
coaching instead of directing;
feedback instead of criticism;
unconditional backing.”

—MIKI KASHTAN, INTERNATIONAL TEACHER & AUTHOR,
IBME COLLABORATIVE LEADERSHIP CONSULTANT



In 2017, iBme began a journey towards greater collaborative leadership.


The motivation for this transition was to bring our organizational structure and day to day work functioning into greater alignment with our values, particularly mindfulness and equity. We have witnessed that many typical top-down nonprofits result in leadership burnout and lifestyles that are not aligned with the practices we teach and promote in our programs. At the same time these hierarchical structures tend to consolidate power and decision making in ways that do not allow for all the voices and wisdom of staff and community members to be heard and integrated, leading to disempowerment and disengagement.

For over three years, iBme has been engaged in shifting to a collaborative organizational model with distributed decision-making, meaning that staff have full authority to make decisions within their area of responsibility, while still relying on advice and input from staff and board. Distributed decision making is supported by a robust feedback system that encourages multidirectional feedback amongst all iBme community members on the impacts of decisions and actions — celebrating successes and naming areas for growth.

As iBme moved along this continuum of collaboration and our Executive Director decided to step out of her role in 2019, we took an important step in distributing power within the organization: we decided not to hire a new Executive Director. Instead we work as a fully collaborative staff team, with accountability to each of our individual roles, the teens we serve, and iBme's vision and mission.

Financials

A Model for Accessibility



I am a single mom. Without the financial support iBme provided, the retreat would have never happened for [my daughter]. I really cannot express my extreme gratitude for the breath-taking and breath-giving life opportunities you provide at such a pivotal time in our teens' lives. The work you are doing is LIFE CHANGING for not only the teens but the parents they come home to.”

—MOM OF TEEN RETREAT PARTICIPANT

ACCESSIBILITY.

It is fundamental to our mission.

iBme continues to evolve its financial model to be as progressive and equitable as possible, while balancing what's necessary for financial sustainability, in pursuit of maximum accessibility, diversity, and quality for its programs.

FISCAL YEARS 2018 + 2019

SCHOLARSHIPS AWARDED

\$825,910

TEEN RETREAT SCHOLARSHIP RECIPIENTS

552

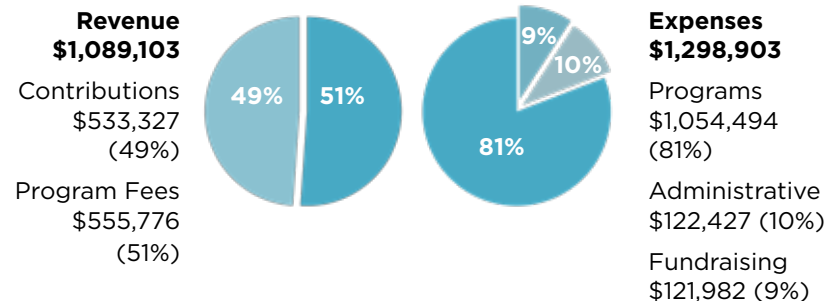
(78% of total participants)

TEACHER TRAINEE SCHOLARSHIP RECIPIENTS

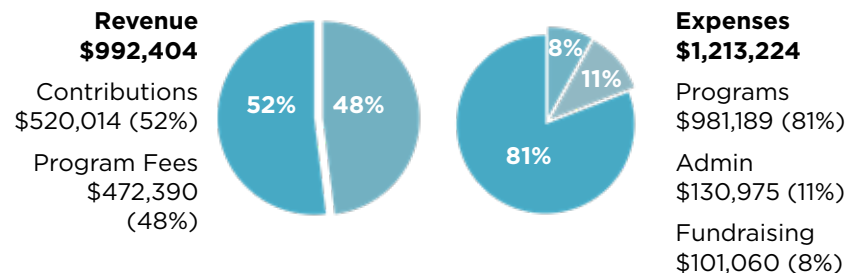
23

(73% of total trainees)

FY 2018: January 1–December 31



FY 2019: January 1–October 31*



End of Fiscal Year Net Assets \$250,977

* Due to our annual programs calendar and the associated fundraising and costs, we have changed our fiscal year to November 1 - October 31. To accomplish this, FY 2019 was a short fiscal year (10 months), January 1, 2019 - October 31, 2019. This change is the principal reason for the financial loss in FY 2019.



iBme allowed me to meet new friends, experience something new, and give me a different perspective on how I live my life. Before the retreat, I was a loner. Spending a week with people I had never met before showed me that it's okay to open up and show my true colors, and that it's also okay to not be so defensive all the time due to my appearance."

—KAIRO, TEENS OF COLOR RETREAT

Donor Honor Roll

The Gift of Transformation

I was lucky enough to go on retreat with a generous scholarship. Being a part of iBme was definitely a unique and wonderful experience for me. Two+ years later, I now go to MIT, a school renowned for being intense, and I can definitely say I am a much more relaxed, and mindful person than I would have been before iBme retreat.”

—HECTOR, COLORADO TEEN RETREAT

**Transformation Circle
(\$25,000+)**

Anonymous (2)
Ford Foundation
Hemera Foundation
Hershey Family
Foundation
Jamie Gates
Nancy Gunzberg
Owsley Brown III
Stiller Family
Foundation

**Wisdom Circle
(\$5,000-
\$24,999)**

Anonymous
Branscomb Family
Foundation
Cary and Lewis Collins
Christian Stiller
Evolve Foundation
Fetzer Institute
George Family
Foundation
Insight Foundation,
Inc.
Jessica Morey and
Douglas Worthen
Jessie and Richard
Benjamin

Lindsay Wortham
LWH Foundation
Maura and Andrew
Zimmerman
Noel and Shoshana
Perry Wiggins
Richard Saltonstall
Charitable Foundation
Roland Hoch
Wisdom Lotus
Foundation

**Equity Circle
(\$1,000-\$4,999)**

Anonymous (4)
Andrea Poile
Beatriz Meza-Valencia
Branscomb Family
Foundation
Brooke Muggia
Bryan Michael Van
Vranken
Charlie Hartwell
Dawa Tarchin Phillips
Edward Dougherty
and Beth Bentley
Elisabeth Bentley
O'Neal
Elise Fulstone
Gabriella Sarlo

Gary Moon
Gere Foundation
Gertrude Allen
James and Martha
Kelly
Johanna Mahon
Jonathan Painter
Julia Ward
Julie Hersch
Kimba Wood
Richardson
Lara Patriquin
Laura Kaye
Libby Webb
Lisa Henson
Lyn Fine
Margie Rodgers
Marv Belzer
Mitch Gordon
Munsif Family
Charitable Fund
Nye-Pyle Foundation
Paul Grotas
Randy Peeler
The Center for Koru
Mindfulness
The H. Family Fund
The Pema Chödrön
Foundation
Vijay Sinha

**Compassion Circle
(\$500-\$999)**

Annie Moore
Awaken Pittsburgh
Beverly Yang
Catherine Banson
Charles Harding
Eagle and the Hawk
Foundation
Helene Park
Jane Henderson
Jeff Clark
John Petrie
Karen Christensen
Linda Graham
Lisette Cooper
Melli O'Brien for
Mindfulness.com
Mindful Revolutions
Ride
Philippe Daniel and
Bonnie Mioduchoski
Stacie McEntyre

**Mindfulness Circle
(up to \$499)**

Anonymous (73)
Aaron Lippman
Abba and E'ma

Adam and Amanda
Ferrari
Adam Guren
Adam Lowenstein
Adam Morris
Adam Ortm
Adam Woods
Adele Landers
Adrienne Glasheen
Al Liu
Alberto Maldonado
Alex Baskin
Alex Myung
Alexandra Stokes
Alexandra Tricoire
Alexis Staten
Alice Alldredge
Alicia Rassias Renard
Alison Rice
Alix Gould-Werth
Allison Cohen
Alyssa Karbel
Amanda Wasecki
Amelie ZurnGalinsky
Amy Dodds
Amy Gardner
Amy Gleason
Amy Wipfler
Andrea Yager

Ann Brummitt
Ann Davis Allan
Ann Gleig
Ann Hollar
Ann Pickarski
Anna Cosentino
Anna Deering
Anna Ingrid E Leven
Anne Kennedy
Anne O'Riordan
Annette Lang
Antoinette Bill
Argos Gonzalez
Ariel Nessel
Arlen Levy
Aron Chang
Arthur Staddon
Aryeh Maidenbaum
Ashley Daige
Astrid Willemssen
Barbara Moore
Barbara Neustadt
Barbara Shirley
Barnaby Willett
Ben Painter
Benjamin Rubin
Benjamin Summers
Bernadette Blain


Bernard Prusak	Cantey Meigs	Christie Kim	Daniel Jubelirer	Deborah Silver	Elaine Braverman
Bernd Hasenkamp	Cara Lai	Christina Weir	Daniel Lynch	Debra Hershey Guren	Elaine Perkins
Beth Gittleman	Carin Tonina	Christine Durand	Daniel Sweeney	Debra J Maddox	Elaine Shaw
Beth Waddel	Carol Ann T. Mitchell	Christine Poile	Daniel Urban-Brown	Denise Gallagher	Elaine Su-hui
Betsy Brach	Carol Carter	Christine Schultz	Daniela Mekler	Denise Hall	Elana Boehm
Betty Brudnick	Carol Stehl	Christine Trani	Danielle Herschler	Dennis Kiley	Elanna Mariniello
Betty Francisco	Carol Wintle	Christopher McKenna	Danielle Lamb Books	Devon Butler	Elasha Nunez
Beverly and Abe Goldberg	Carole Smith	Christopher Miracle	Danna Nesler	Devonne Johnson	Eleanor Dizon
Beverly Klau	Carrie Bolster	Christopher Obara	Darci Rogers	Diana Griebell	Elena Erber
Bill and Sheila	Catherine Hession	Christopher Stephens	Darcy Smoot	Diane Bloch	Elena Nescio
Bill Reimus	Catherine Condon	Christy Sharshel	Darlyce Jones	Diane Crea Hamilton	Elena Pinsky
Blair Krenitsky	Catherine Hopkins	Cierra McNamara	Darshan Brach	Diane Wright	Elihai Braun
Blood Family	Catherine Schirmeier	Cindy Keer	Daryl L Ross	Dick and Betsy Kirby	Elisabeth Healy
Bob Standish	Cathlyn OKeefe	Cindy Maxted	David Moody	Donald Morreale	Elizabeth Stuart
Bonnie Argeropoulos	Cecelia Luschnig	Claire Bennet	David Bornstein	Donald Setterbo	Elizabeth Cavanagh
Bonnie Warden	Chad Arkoff	Claire Hagen Alvarado	David Burton	Dori Langevin	Elizabeth Emberly
Brad Gilbert	Charles DiCapua	Coleen Deon	David Cabrera	Doris Alba	Elizabeth Gerber
Brian Carnahan	Charles FitzGibbon	Coleen Tutton	David Hart	Dorothy Mang	Elizabeth Hankinson
Brian Hertz	Charles Lowenstein	Colin Hollis	David Kaye	Douglas Kieffer	Elizabeth Little
Brian Waldron	Charles Uihlein	Corinne Schuele	David Lester	Douglas Wood	Elizabeth Seubert
Bridget Simmerman	Charles Williams	Craig Agule	David Sarda	Dr. Lee-Anne Gray	Elizabeth Stevens
Bridget Sweeney	Cheryl Nunes	Craig Hase	David Schouela	Dylan and Julie	Elizabeth Williams
Brittany Long	Chip Grossman	Curtis Coleman	David Tracy	Dylan Swen	Ellen Blumenthal
Bruce Neustadter	Chris Ashley	Curtis Houlihan	Davina Sandground	Ed Hauben	Ellen Miller-Brown
Bruce Nichols	Chris Chin	Cynthia Embree-Lavoie	Dawn Hicks	Eduardo G Zamora	Ellen Roche
Bruce Robertson	Chris Giacomelli	Cynthia Williams	Dawn Mauricio	Edward Dougherty	Ellen Schwartz
Caitlin Crowley	Chris Morey	Daniel Bostwick	Deborah DuBord	Eileen Kim	Ellen Sherron
Camp Timanous	Christel Wendelberger	Daniel D. Rubin	Deborah Goldfarb	Eileen Pierce	Ellen Tynan

Ellen Wiggins
Em Morrison
Emile W Troup
Emily Greenstein
Emily Tara Weiner
Emily Balkam
Emily France
Emily Gupta
Emma Jaster
Emmie Lee
Enid Kassner
Enrique Montemayor
Danes
Eric Ashe
Erika Williams
Erin Bourgault
Erin Brantley
Erin Donovan
Erin Henshaw
Erin Keefe
Eswaran Jeyarajah
Evan Slavitt
Eve Stuart
Everett Carter
Felice Banson
Fiona Jensen
Francis O'Brien
Frederic Worthen
Frederick Witsell

Gadi Garfinkel
Gail Worthen
Garett Schromm
Gaurav Manchanda
Gaynor Bourgeois
Georgiana Leclery
Ginger Armstrong
Gloria Beckford
Grace Aheron
Grace Welker
Greg Albritton
Gregory Federbush
Gretchen Curry
Gretchen Legler
Gretchen Rohr
Gwen Murphy
Haley Roth
Hannah Carroll
Harrison Blum
Heather Willis
Heidi Winslow
Helen Breitbart
Helen Spiegel
Henry Gordon
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Holly Holden
Holly Sacks
Howard Berkowitz
Hugh Byrne

Ian Taylor
Ilse Gonzalez
Ingrid Knapp
Irfan Alam
Iris Rivera
Irish Martos
Isaac Slavitt
J Odess Gillett
Jack and Julie
Giacomelli
Jackie and Hank
Schneider
Jackie May
Jacob Lang
Jacob Setterbo
Jakatae Jessup
James Alvarez
James Chilton
James Dreyfuss
James Frank
James Nicholas
James Sweeney
Jamie Derrick
Jamie Reygle
Jane Aronson
Janet Abraham
Janet and David
Goldberg
Janet Legro

Janet Mermey
Janet Merrick
Jasmine Primavera
Jason Schwartz
Jeanne Fleming
Jeanne Mahon
Jeffrey Siegel
Jem Shackelford
Jen Bueddeman
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Jennifer DeRosa
Jennifer Gilbert
Jennifer Gold
Jennifer Heitel
Jennifer Kurtz
Jennifer Maddox
Jennifer Marriott
Jennifer P Mosher
Jennifer Samuel
Jennifer Wax
Jeremy Siegel
Jessica Doran
Jessica Elisha
Jessica Jones-Hughes
Jessica Raha
Jessica Sojorne Libere
Jill Hawkins
Jill N Costa



What makes iBme
extraordinary is their primary
focus on retreats, especially
at this critical life stage.
Retreat staff and volunteers,
along with participants, co-
create a space of trust, safety,
connection, and love. The
network of ties binds them
increasingly inward, so that
they are able to be present by
just being themselves, maybe
for the first time in their lives.”

—XIAOAN LI, FETZER INSTITUTE
PROGRAM OFFICER, 2019 MICHIGAN
RETREAT MENTOR, IBME DONOR

Jill Paton Peterson	Julia Smith	Kathleen OLeary	Laura Chritton	Lizandra Vidal	Margie Rodgers
Jim Morningstar	Julian Giacomelli	Kathy Ritter	Laura Fries	Lorilee Crawford	Marguerite Green
JoAnn Shields	Juliana Sloane	Katrina Michie	Laura Gould	Lorraine Divine Cross	Maria Barbagallo
Joanne Connolly	Julianna Alford	Kay Wax	Laura Gross	Louis Cinquino	Maria Lefrancois
Jocelyn Mackenzie	Julianne Yazbek	Keely McDonald	Laura Holyoke	Louise Love	Maria Teresa Abdala
Joe Frederick	Julie Chapman	Kelly Washburn	Laura Moriarty	Louise M Bradley	María Valencia
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John Bradley	Julie Meissner	Kerri Williams	Laura Welch	Lucy Redoglia	Marie Laurenza
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John Burgess	Julie Salverian	Kevin Schwartz	Lauren Perlmutter	Luisa Montero-Diaz	Marina Bers
John Chabo	June Doherty	Kim Armstrong	Lauren Rubenstein	Lydia Griebell	Marissa Dungan
John Grund	Jylani Brown	Kim Brown	Laurie Nusbaum	Lyndi Smith	Maritz Motivation Solutions
John Mulligan	Kaili Mang Jeyarajah	Kimberly Apfelbach	Lawrence J Schuessler	Lynn Meyet	Marjorie Osman
John Newstead	Kaira Jewel Lingo	Kimberly Cosenza	Leah Johnson	Lynne Kintz	Mark and Elizabeth Whittaker
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Josefa Rangel	Karen Adelman	Kira Cline	Leslie Goldman	Madeline Webster	Mark Sponseller
Josh Kehler	Karen Blumenthal	Kirsten Lundeberg	Leslie Smith	Madelyn Leeke	Marlana Hatch
Joshua Perlman	Karen Bullard	Kit Dreyfuss	Leslie Williams	Mae Lingley	Marlisa Mills
Joslyn Hitter	Karen Chun	Kristin Guy	Lilith Fowler	Marc Lowenstein	Martha Archer
Jozen Gibson	Karen Johnson	Kristyn Morrissey	Linda Kilb	Marc Serber	Martha Gibbons
Judi Canter	Karen Lawson	Kwan Kew Lai	Linda Yeager	Marc Werner	Martin Banson
Judith Zepelin	Karen Wrege	FitzGibbon	Lindsay Noll	Margaret Gibson	Martin Still
Jules and Asher	Karl Alexander	Kyle Courtney	Lindy Kearns	Margaret Harris	Marty Chafkin
Julia Baer and Jeff Cooper	Karyn Sandelman	La Sarmiento	Lisa Allen	Margaret Ness	Mary A Gallo
Julia Meltzer	Katharine Harkins	Lara Gund	Lisa Molinaro	Margery A Kaye	
	Kathleen Ellwood	LaToya Branch	Lisa Waters		

Mary Ann Gallo
Mary Beth Keane
Mary Fallon
Mary Hood
Mary Jean Moriarty
Mary M McCracken
Mary Muessele
Mary Straub
Matt Shields
Matt Zepelin
Matthew Fass
Matthew Palevsky
Maureen Miller
Maureen Pellegrini
Maya Sarda
Meaghan Doyle
Megan Browning
Megan Miraglia
Meghan Dutton
Melanie Leenhouts
Meredith Monaco
Meredith Moore
Metta McGarvey
Michael Berkowitz
Michael Bohan
Michael Brook
Michael Cohen
Michael Kieffer
Michael Marrewa

Michelle Serber
Mimi Doe
Minos Zombanakis
Miranda Vasquez
Miriam Messinger
Mohammad
Ashrafuzzaman
Molly Silverstein
Monica Pielage
Morris Diamant
Muriel Jaouich
Naeda Setterbo
Nancy Ilgenfritz
Nancy Littell
Nancy Riker
Nancy Sweeney
Nancy Wertz
Nanette Mendieta
Naomi Moore
Natalie Mersha
Natalie Perry
Nathan Rollins
Nicholas Aquino-
Roithmayr
Nicole Beck
Nicole Peterkin
Nigel Twose
Nina Bryce
Noelle Esquire

Norbertina Banson
Noreena Sweeney
Olivia Hoblitzelle
Olivier Lacheze-Beer
Olwen Firestone
Pam Miller
Pamela Farmer
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Pamela Miller
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Pascal Auclair
Pat and Steve Fallon
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Patricia Denning
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Peter Davidson
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If everyone in
the world could
meditate, the
world would
be a happier
place.”

—LILIAN, VIRGINIA TEEN RETREAT

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