



# MINDFUL FLINT

*mindfulness learning opportunities*

**CRIM FITNESS  
FOUNDATION**



*a look inside ...*

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## THANK YOU for your interest

Welcome to the Crim Mindfulness Initiative Community Classes, Workshops and Course Guide.

This guide shares an overview of our many learning opportunities currently available through the Crim's Mindful Flint Initiative. In addition to what is shared here, the Crim team is eager to learn more about your hopes for future trainings, events and offerings to create more mindful schools, organizations, businesses, and community spaces for us to enjoy together. As our capacity allows, we enjoy consulting and customizing programs and presentations for conference workshops and keynote addresses.

## REACH OUT to us

- E-mail us anytime at [mindfulness@crim.org](mailto:mindfulness@crim.org) to share your ideas or hopes.
- Please do visit our website at [www.crim.org/mindfulness](http://www.crim.org/mindfulness) to see the current schedule and register for upcoming offerings.



## COMMUNITY *classes*

### Yoga & Mindfulness Meditation

All levels of yoga and mindfulness meditation practitioners are welcomed and encouraged. Whether you are looking for something to do with friends, a way to relax after work or class, stretch or build muscle strength – yoga and mindfulness meditation has something to offer everyone.

**Cost for public community classes:** Free to be accessible to all. Donations welcome. If you are interested in scheduling a course at your school, business or organization, please reach out to us at [mindfulness@crim.org](mailto:mindfulness@crim.org).

Visit us at [www.crim.org](http://www.crim.org) to see our most up-to-date schedule of events.



# RESILIENCY LEARNING

*opportunities*

## Adverse Childhood Experience (ACE) Informational Presentation

The ACE Informational Presentation is designed to support rapid dissemination of ACE and resilience science, and promote understanding and application of the science to improve health and well-being across the lifespan.

## Customized Keynote Presentations or Conference Workshops on Mindfulness, ACES, & Resiliency

These can also be designed to align with specific themes or audiences.

## A Mindful Me: Developing a Personal Mindfulness Practice

An experiential workshop to support a growing understanding of mindfulness, and strategies to create or strengthen personal practices to deal with stress and challenges in healthy, productive ways.

## Playing Attention: Sharing Mindfulness with Youth

Parents, youth workers and educators are encouraged to attend this workshop to develop mindfulness strategies and practices to share with youth of all ages. *Attendance at the Crim Mindful Me workshop is required prior to attending this workshop.*

## Customized Workshops

Additional considerations for customized workshops:

- **Group Size:** 8 person minimum; group rates may be available.
- **Support for Flint:** Training fees cover the costs of training. Any additional revenue supports the heart of our work – to provide free mindfulness programming for youth and families in Flint.
- **Scholarships:** Please e-mail [mindfulness@crim.org](mailto:mindfulness@crim.org) to learn more.
- **Consulting:** May be available upon request, price varies depending on scope.

# TRAINING

programs

## Mindfulness Based Stress Reduction (MBSR)

This is an 8-week session of classes based on the acclaimed Stress Reduction Program founded in 1979 by Jon Kabat-Zinn at the Center for Mindfulness at the University of Massachusetts Medical Center.

## Yoga Ed. Training Institute (4-day workshop)

Trainings are designed for individuals inspired to teach yoga to either Pre-K through Elementary age youth or teens. This training focuses on evidence-based physical, mental, and emotional benefits of yoga and completion of this 32-hour training results in a certification for participants to teach yoga to youth.

## Search Inside Yourself Leadership Institute (2-day workshop)

The Search Inside Yourself Leadership program was developed and tested at Google



Search Inside Yourself  
Certified Program

and has spread to over 30 countries and 100 cities around the world. It was developed by leading experts in neuroscience, business and psychology and teaches practical mindful leadership and emotional intelligence tools to bring out your best – supporting leaders to manage change, stay resilient and inspire growth. This training has been proven to reduce stress, improve focus, raise peak performance, and improve interpersonal relationships.

# PRICES

for workshops & trainings

Prices for workshops and trainings vary. Generous support may be available to Flint residents and organizations that serve the Greater Flint Area community. To learn more please visit our website at [www.crim.org/mindfulness](http://www.crim.org/mindfulness) or connect with us at [mindfulness@crim.org](mailto:mindfulness@crim.org).



Note: This information is for organizations looking to bring us in to do customized trainings and programs for their group. **If you are looking for workshops and trainings for individuals or for community classes**, please visit [www.crim.org/mindfulness/trainings-and-events](http://www.crim.org/mindfulness/trainings-and-events), and choose "Trainings & Workshops" or "Community Classes" from the pull-down menu.

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