



2023



**Prison  
Mindfulness  
Institute**

**PrisonMindfulness.org**



More than 150 in-person groups exist around the globe. We also continue training staff at the Ministry of the Solicitor General in Ontario, Canada, to deliver the program to the prison population across their province. For prisoners who cannot access the in-person classes, we now have three alternatives: virtual classes, a written correspondence course, and a course that prisoners can access via secure computer tablets.

and support them. We have released 42 episodes, and over 1,300 people have tuned in. For almost four years, we have hosted two weekly online Mindfulness-Based Wellness & Resiliency® (MBWR) community practice groups for public safety professionals.

### **Engaged Mindfulness Institute (EMI): Certified Mindfulness Teacher Training**

Our *EMI* yearlong *Mindfulness Teacher Training & Certification* program, the first accredited by the International Mindfulness Teachers Association, is one of the world's most rigorous training programs. It is unique in its trauma-informed approach and specializes in training those who support individuals in underserved communities. The training is offered two ways: entirely online or as a hybrid option with online learning and in-person retreats at our center in Deerfield, MA. Over 300 individuals have enrolled in the training, with over 200 receiving certification. We have employed more than 20 graduates in our various projects and programs.

We express deep appreciation to all of our individual donors and foundation supporters, both longtime and new, who have invested in our work of transforming lives and society with our innovative mindfulness-based programs. We invite you to continue supporting this work so we may continue to offer programs, training, and events that bring about profound healing and transformation to those we serve.

A handwritten signature in black ink that reads 'Fleet Maull'.

Fleet Maull  
*PMI Founder & Board President*

Dear PMI Friends and Supporters,

We continually drive innovation in mindfulness-based interventions and programs and their delivery modes for all the youth, adults, families, volunteers, and professionals involved in and impacted by our criminal justice system and other public safety professionals, first responders, and their families. Because of this, our community has grown exponentially. We are reaching an ever-increasing audience through both in-person and virtual programs.

## **HOW WE ARE MAKING A DIFFERENCE**

### **Prison Mindfulness Institute (PMI): Programs for At-Risk, Incarcerated, & Reentering Youth & Adults**

Our in-person Path of Freedom® (POF) programs for at-risk, incarcerated, and reentering youth have all resumed after being on hold due to the pandemic.

Our Path of Freedom® course (available in English and Spanish) has over 80,000 prisoners enrolled. We have also added a Meditations for Resilience course with over 4,000 prisoners enrolled and The Power of Mindfulness course with over 5,000 prisoners enrolled.

### **Center for Mindfulness in Public Safety (CMPS): Correctional Officer & Law Enforcement Programs**

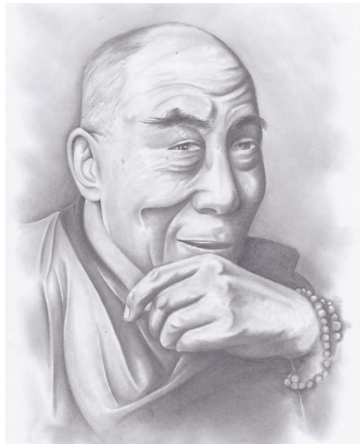
Since its inception in 2012, we have trained over 5,000 corrections and law enforcement professionals through our Mindfulness-Based Wellness & Resiliency® (MBWR) programs in California, Colorado, Connecticut, Indiana, Kentucky, Massachusetts, Oregon, Rhode Island, and the Province of Ontario. We also provide free video and audio resilience resources on our websites and CMPS Mindfulness app. We also have a Mindful Public Safety podcast where you can listen to conversations and insights from public safety professionals and those who train



# MISSION

Our Mission is to provide prisoners, prison staff, and prison volunteers with the most effective, evidence-based tools for rehabilitation, self-transformation, and personal & professional development. In particular, we provide and promote the use of proven effective mindfulness-based interventions (MBI's). Our dual focus is on transforming individual lives, as well as transforming the corrections system as a whole, in order to mitigate its extremely destructive impact on families, communities, and the overall social capital of our society.

Our Goal is to establish these mindfulness-based interventions as the evidence-based norm in education, rehabilitation, drug and alcohol treatment, pre-release, and post release programs for prisoners, as well as in staff development and leadership training programs for corrections professionals, law enforcement, and criminal justice professionals. We believe in the power of mindfulness practice, and the various mindfulness-based interventions, to change behaviors, heal and transform lives, and ultimately to prevent crime, reduce recidivism, and enhance community safety and wellbeing. We also believe in the power of mindfulness training to positively enhance performance, quality of life, and health and wellbeing among corrections professionals, law enforcement, and criminal justice professionals, while at the same time creating healthier, more humane environments and better outcomes for all.



Prisoner art

# VALUES

We believe in the basic goodness of all human beings and in their innate potential for healing and transformation.

We favor the healing and transformational paradigm of the Restorative and Transformative Justice models of criminal justice over the more punitive paradigm of Retributive Justice.

We support all prisoners, prison volunteers, corrections professionals, law enforcement, public safety professionals, and criminal justice professionals regardless of race, ethnicity, gender, religion, political views, or sexual orientation, offering every individual the utmost respect and dignity.

We believe in spiritual, humanistic, restorative, and empowering models for self-transformation and rehabilitation, following the principle “Give a person a fish and you feed them for a day. Teach the person to fish, and you feed them for a lifetime.”

*“It is important that we do not forget what happens in our prisons, nor what they are for. Prisons should not only be focused on punishment, but also on rehabilitation. No one is entirely evil, for everyone does possess a basic sense of humanity at some level. Indeed we Buddhists believe that everyone has Buddha nature, the potential to become a Buddha. In our various communities it is important to ensure that the prison system functions in the interest of us all.*”

*I am pleased to learn that the Prison Dharma Network [Prison Mindfulness Institute] is working to support rehabilitation through education and other activities within the prison system. I am confident that these projects will be of long term benefit both to prison inmates and society at large and offer my prayers for their success.”*

~H.H. Dalai Lama

# VISION

## Transformative Corrections

We envision correctional institutions and community corrections facilities and programs as safe, humane, and education-focused environments that genuinely support healing, rehabilitation, and personal transformation — making use of the proven-effective mindfulness meditation and body-mind awareness practices of the world's great contemplative traditions and the research-based integration of these traditional practices with contemporary psychology and modern therapeutic methodologies. We envision a restorative and transformative criminal justice system that genuinely and intelligently focuses on public safety and harm reduction rather than punishment or revenge. We envision a significantly smaller and dramatically less expensive prison system that reserves secure facilities for providing humane, mindfulness-based treatment and rehabilitation for violent offenders and employs proven outcome-effective and cost-effective community corrections programs for non-violent offenders.

## Successful Reintegration

Through the success of our programs, we envision a faster and more successful reintegration of rehabilitated and transformed prisoners into the community and a gradual shift toward more reliance on high quality, mindfulness-based community corrections programs that keep individuals in the community – working, supporting their families, raising their children, and paying taxes rather than becoming a tax burden to the community while housed in prisons that often do them more harm than good.

## Empowering Community Leadership

We further envision a growing number of prisoners and ex-prisoners emerging as community leaders and change agents working to heal individuals and communities both inside and outside the walls of our correctional institutions, thus contributing significantly to the overall health and well-being of society.

# THE CHALLENGE

With nearly seven million men, women and children under some kind of correctional supervision in the U.S., our criminal justice system has devolved into a self-perpetuating industry that warehouses human beings deemed to be expendable. This industry is siphoning away critical community resources from health, education and infrastructure, while actually diminishing overall public safety. Correctional facilities offer their unfortunate occupants little hope of ever having a better, more productive life.



# OUR SOLUTION

Mindfulness-based programs offer prisoners, corrections professionals, law enforcement and other public safety professionals, as well as criminal justice professionals new hope for changing and transforming their lives for the better. Current neuroscience research has demonstrated clearly the positive impact of consistent meditation practice on human development, brain function and behavior.

Both Mindfulness-Based Emotional Intelligence (MBEI) and *Mindfulness-Based Wellness & Resiliency*® (MBWR) trainings have demonstrated significant positive impact for people suffering from depression, attention deficits, poor impulse control, burnout, untreated trauma exposure, and other behavioral and health issues prevalent in prison populations and law enforcement.

We continue to develop, implement, and promote transformative, evidence-based programs for the communities we serve. Our flagship *Path of Freedom*® program presents an MBEI approach to relieving suffering and promoting positive behavior change for prisoners. Our MBWR training suggests practices to reduce stress while creating resilience for corrections, law enforcement, and other public safety and criminal justice professionals. Our Mindfulness Teacher Training certifies those who wish to teach mindfulness to underserved and at-risk communities.

*"I have been honored to serve as a spiritual advisor to the Prison Dharma Network since its founding and fully endorse the work they continue to accomplish. Through my own experience with prisoners, I have directly witnessed the transformative potential of prison meditation programs. Please support Prison Dharma Network in any way you can."*

*~Acharya Pema Chodron*

# OUR STRATEGY

We are working to actualize our PMI mission of transforming lives and society with three principal strategies:

- Leading the field as an innovative developer and direct provider of Mindfulness-Based Emotional Intelligence (MBEI) training for prisoners, *Mindfulness-Based Wellness & Resiliency*® (MBWR) training for public safety and corrections professionals, and Mindfulness Teacher Training for those aspiring to bring mindfulness into their communities, agencies, and workplaces.
- Conducting quality research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions and programming as evidence based practice (EBP) in the fields of corrections, public safety, and criminal justice.
- Growing and resourcing an international, contemplative and mindfulness-based prison work movement — providing prisoners, prison volunteers, corrections staff and over 150 PDN-member prison projects and organizations with the most effective mindfulness-based tools, training and resources available

# Accomplishments



Prisoner art

*“My expectations for this POF course were met, and exceeded. I’ve done lots of online trainings where I didn’t feel I learned much, but in this course I learned a great deal. The materials are organized well, the discussion questions were thought provoking and challenging, and the material was broken into manageable sections.”*

*~Online POF Facilitator Participant*



Prisoner art

## PATH OF FREEDOM® PROJECT

The *Path of Freedom*® (POF) and *Mindfulness-Based Emotional Intelligence* intervention is a uniquely integrated rehabilitation and personal development curriculum. It incorporates mindfulness training, cognitive-behavioral training, and social-emotional learning in a pragmatic twelve-session, experiential course that can be delivered in a variety of settings and various formats.

Our online *Path of Freedom*® facilitator training course was created in 2009 for those volunteering and working in corrections, treatment, and at-risk youth and community programs. To date, over 1,400 people have participated in the course and started more than 150 in-person POF groups across the globe.

For prisoners who cannot access the in-person classes, we now offer three alternatives: virtual classes, a written correspondence program, and courses on secure computer tablets.

### – Virtual Classes:

In 2023, we offered a POF class on Zoom for prisoners at the Monroe County Jail in NY. The class was led by a certified graduate of our *Mindfulness Teacher Training* program, as well as our Executive Director, and author of the POF curriculum, Vita Pires.

### – Written Correspondence Program:

Prisoners send us a letter of request and submit an application. Once enrolled, they are sent the first lesson. After they complete the assignments and submit their homework, they are sent the material for the next unit. To date, 170 individuals have enrolled.

### – Tablet Courses:

To mitigate security concerns, correctional facilities now offer tablets for video calls, reading books, and participating in educational courses. In 2023, more than 92,000 prisoners actively participated in the four courses we offered: *Path of Freedom*® in English and Spanish, *The Power of Mindfulness*, and *Meditations for Resilience*.

### Path of Freedom® Resources

We offer our facilitators a *Path of Freedom*® Facilitator Guide, an illustrated *Path of Freedom*® book, and a Spanish version of the *Path of Freedom*® book.

For those who have completed the training, we offer an online POF community group where they can connect and offer tips, techniques, and strategies to facilitate the material successfully. Currently over 300 people have joined.



Fleet speaking with prisoners after a *Path of Freedom*® class in Rhode Island.

*“In the first POF class I had so much anger. I began to learn to put it down. I want to keep doing that in the level 2 class so I can be my best self when I get out of here.”*

*~Prisoner, POF Class*





EMI Home

## New to Engaged Mindfulness? Start Here!

# WELCOME

Welcome to Engaged Mindfulness! We are thrilled you're here.

Here's a quick introduction to all the great things you'll get as a member of Engaged Mindfulness, as well as a video tutorial for how it works. You may find things a bit different here than other apps or websites, but with a little exploration, the results will be well worth it!

Community Site

*"I came into this course without expectations and am very grateful for all I learned and was exposed to. This has been an excellent learning experience for me."*

*~Online POF Facilitator Participant*

# Accomplishments



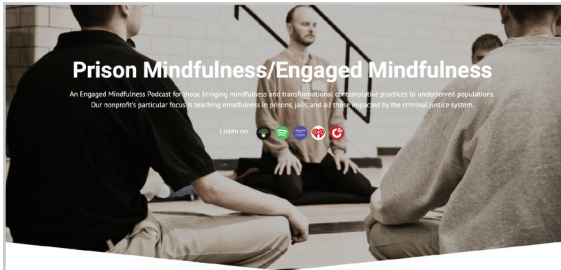
POF Programs Around the World

## Continuing Education Courses and Trainings

Our online *Engaged Mindfulness Institute* community offers continuing education courses and trainings such as Community Engaged Mindfulness, The Power of Engaged Mindfulness, Teaching & Brain Science, and Trauma-Informed Facilitation & Teaching.

## Networking and Community Building

Over the past 40 years, our community has grown exponentially to include over 2,500 members. Our *Path of Freedom*® and *Mindfulness Teacher Training* courses take place on our online community platform alongside our continuing education courses and events. We offer several events members may participate in, such as guided and silent meditation groups, Zen Sesshins, and Kindness & Compassion Practice. There is something for everyone! You can join the community to interact with other like-minded individuals, participate in our many course offerings, or attend our events by signing up here: <https://engagedmindfulness.mn.co/>



### Episodes

- Ep. 31 Embodying Trauma-Consciousness...** Wednesday Feb 29, 2023
- Ep. 30 Discovering Humanity on Both...** Thursday Feb 23, 2023
- Ep. 29 Teaching Secular Buddhis...** Thursday Feb 16, 2023
- Ep. 28 A Prisoner's View of...** Thursday Jan 26, 2023

PMI Podcast

## Online Interactive Map

Our searchable online database includes over 100 Prison Dharma Network member organizations worldwide.

## PMI on Social Media

With more than 130,000 followers across our 13 social media pages, you can easily find inspiration, information, and other individuals to interact with and learn from. Check us out on Facebook, Twitter, YouTube, Instagram, and LinkedIn!

## Podcasts

In 2022 we started two podcasts; one for our Prison Mindfulness community and the other for our Center for Mindfulness in Public Safety community. You can access these through Podbean, Amazon Music, PlayerFM, Spotify, and iHeartRadio. We've released more than 70 episodes which have been downloaded over 6000 times!

- TOMORROW • 12:00PM • Repeat Event**  
**Mid-Day Meditation**  
Zoom Meeting  
You & 39 going • Updated 1mo ago • Our Community
- TOMORROW • 7:00AM • Repeat Event**  
**Daily Guided Meditation**  
Zoom Meeting  
69 going • Updated 3mo ago • Our Community
- FRI, DEC 15, 2023 • 9:00AM • Repeat Event**  
**9am Meditation Group**  
Zoom Meeting  
12 went • Updated 7mo ago • Our Community
- SUN, NOV 26, 2023 • 11:00AM • Repeat Event**  
**NEW TIME: Social Meditation**  
Zoom Meeting  
15 went • Updated 5mo ago • Our Community
- MON, NOV 27, 2023 • 3:00PM • Repeat Event**  
**Kindness & Compassion Practice**  
Zoom Meeting  
16 went • Updated 4mo ago • Our Community
- FRI, NOV 10, 2023 • 1:00PM**  
**NEW TIME: Conversation Cafe: Transforming Enemy Images**  
Meeting  
3 went • Updated 5mo ago • Our Community

Community Events

“Because of this course, I can make positive choices instead of the habitual anger and verbal abuse that I used to choose.”

~Prisoner, POF Course



Prisoner art

“It feels empowering to me to know I can choose my responses to what happens around me.”

~Prisoner, POF Course

# Accomplishments

## Books Behind Bars: Support for Prisoners, Prison Chaplains, and Prison Libraries

We provide shipments of books on meditation, Buddhism, and other contemplative practices and teachings from the world’s great wisdom traditions to prisoners, prison chaplains, and prison libraries. Since its inception, our Books Behind Bars program has sent over 16,000 books to prisoners, over 7,000 books to chaplains, and responded to more than 17,000 letters from prisoners requesting books.

We continue to partner with Tricycle Magazine and Naljar Prison Dharma to provide chaplains and prison libraries with downloadable materials and resources on our website, including the Tricycle Meditation Kit which provides meditation and yoga instructions. We also offer a *Path of Freedom*® Meditation Kit.

## Prison Dharma Press

As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries, prison volunteers, and corrections professionals around the world. We offer five books:

- *Dharma in Hell: The Prison Writings of Fleet Maull*
- *Sitting Inside: Buddhist Practice in America’s Prisons*
- *Spanish POF*
- *Path of Freedom: Building Mindfulness-Based Emotional Intelligence*
- *The Resilient C.O.: Neuroscience-Informed Mindfulness-Based Wellness & Resiliency (MBWR) for Corrections Professionals*





# Accomplishments

*“I’m becoming really aware of my energy before engaging with inmates. I’m listening more and interrupting less. It’s been a tremendous help for both them and me.”*

*~Correctional Officer,  
MBWR Program*



*Mindful Public Safety Podcast*

*“When I get triggered, I know it’s about me and not the other person. We work with people who have trauma, and it impacts us as probation officers. I am developing new ways of responding; it’s positive for both of us. I ask myself why I am reacting and think clearly before responding.”*

*~Probation Officer, MBWR Training*

## Prison Mindfulness Research Project

PDN has established a stellar committee of seasoned researchers to develop research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions as evidence-based practice (EBP) in corrections.

We have conducted research on our *Path of Freedom*® program, the results of which are posted on our website, and we have ongoing research on our MBWR programs in Ontario. We are also in the development phase of research on our *Path of Freedom*® program in Ontario.

## PMI’s Research & Program Evaluation Committee

Brad Bogue, M.A.	Jennifer Johnson, Ph.D.
Willoughby Britton, Ph.D.	Fleet Maull, Ph.D., CMT-P
Jennifer Clark, M.D.	Vita Pires, Ph.D.
Sam Himmelstein, Ph.D.	Dave Vago, Ph.D.

## Center for Mindfulness in Public Safety (CMPS)

We created the Center for Mindfulness in Public Safety so we could develop, implement, and research *Mindfulness-Based Wellness and Resiliency*® (MBWR) programs for public safety professionals including law enforcement,

corrections, the courts, and reentry services. We offer the training in many different formats to suit the needs of each organization: weekend immersion retreats, intensive daylong programs, workshops, and 10-week Community of Practice (CoP) trainings.

Since its inception in 2012, we’ve trained over 3,500 public safety and corrections professionals, as well as 43 facilitators, to assist us with the delivery of the MBWR program. We’ve also employed 18 of our Mindfulness Teacher Training graduates to help us deliver the MBWR material, including our Senior Trainer, John MacAdams, who we certified as a Mindfulness Teacher in 2016. We believe in employing those we certify to ensure their success, as well as the success of our programs.

Public Safety professionals in California, Colorado, Connecticut, Indiana, Kentucky, Massachusetts, Oregon, Rhode Island, and the province of Ontario in Canada have participated in the MBWR trainings and have reported success. Research from both the Oregon Department of Corrections and the Ministry of the Solicitor General in Ontario has demonstrated significant improvements in participants’ capacity for mindfulness, emotional intelligence, and their overall wellbeing and job satisfaction. The majority of participants reported significant improvements in their quality of life at home and at work, including very specific improvements in their physical health.



*Oregon corrections enforcement professionals training in MBWR.*





EMI Mindfulness Teacher Training Retreat

# Training

*“Though our Sheriff’s Office oversees 2,400 inmates daily, my intention for this training was to introduce mindfulness practices to law enforcement personnel, specifically my colleagues. When an inmate asked if I was interested in teaching a mindfulness class to the female inmates, I said, “YES!” without hesitation. No program could have better prepared me for that moment and that class.”*

*~EMI Mindfulness Teacher Training Graduate*

## Engaged Mindfulness Institute

The Engaged Mindfulness Institute (EMI), formerly Peacemaker Institute, was founded in 2001. In 2015 we launched the Engaged Mindfulness Institute with a year-long 300-Hour Mindfulness Teacher Training and Certification program for aspiring mindfulness teachers bringing trauma-informed mindfulness to individuals in at-risk situations and underserved and marginalized communities. Then in 2016, we launched our 500-Hour Mindfulness Teacher Certification for graduates of the 300-Hour Level One program who sought a second year of advanced training and supervised practice-teaching. The Institute delivers trainings developed from a rich tradition of spiritually grounded, contemplative and mindfulness-based peace and social change work combined with the latest developments in neuroscience-based leadership training. Mindfulness is foundational to all of our trainings.

While the entire curriculum has always taken place online, in the past, the retreat portions were held in person. During the pandemic, we moved these online, as well. In doing this, we discovered it created more opportunities for international students to enroll. We continue to offer this fully online version of the training as well as the hybrid option for those who wish to attend the retreat portions in person.

Over 300 individuals have enrolled in the training, with more than 200 receiving the Mindfulness Teacher Certification.

Eighteen of these graduates have gone on to facilitate our *Path of Freedom*® program, lead our *Mindfulness-Based Wellness & Resiliency*® trainings, and guide other classes and events for us.

See: [www.engagedmindfulness.org](http://www.engagedmindfulness.org)

*“In the past nine months, I have learned more about facilitating mindfulness meditation in safe, skillful, and inclusive ways than I could have imagined. Even more inspirational than the material was how we were encouraged to engage with it, each other, ourselves, and the role of the mindfulness facilitator.”*

*~EMI Mindfulness Teacher Training Graduate*



Mindfulness Teacher Training Retreat Closing Circle



EMI Faculty



Prisoner art

“The program had more depth and breadth than I expected. The content was more emotionally penetrating and thought-provoking, and more concepts from different fields were woven in than I'd thought there would be. Fleet's presentation was very good, and the material was well organized. Overall, it was a great course. I learned a lot and am leaving it inspired for action. Thank you all for creating and sharing this.”

~Online POF Facilitator Participant



Prisoner art

# STRATEGIC PARTNERSHIPS AND COLLABORATIONS

## Prison Dharma Network Organizational Members

We are committed to supporting, promoting and facilitating the work of our over 150 PDN member organizations. Our membership includes almost all of the organizations and groups, large and small, doing meditation-based or contemplative prison work in the U.S. and a number of groups working in Asia, Europe, Latin America, and countries in and along the Pacific Rim.

## Justice Systems Assessment & Training

(J-SAT) brings Evidence-Based Practices (EBP) and performance measurement strategies to federal, state, and local correctional agencies through evaluation, training, assessment and research services. We have conducted research on our *Path of Freedom*® program, the results of which are posted on our website. We continue to conduct research our *Mindfulness-Based Wellness & Resiliency*® training programs in Ontario. We are also in the development phase of research on our *Path of Freedom*® program in Ontario.

## Edovo

Edovo is a platform created for correctional facilities to bring educational content and resources to prisoners on tablets. Since partnering with Edovo in 2013, more than 90,000 prisoners have enrolled in our courses across more than 400 facilities in the US.

We currently have four courses available on the platform:

- *Path of Freedom*®
- *Camino a la Libertad* (Spanish POF)
- *The Power of Mindfulness*
- *Meditations for Resilience*

New courses are in development, and we hope to have one available later this year.



Edovo is a specialized platform designed for the Corrections sector. It offers incarcerated individuals access to free, evidence-based, educational, vocational, and rehabilitative resources available on tablets.

**edovo**  
Hosting PMI Courses, Resources, & Books on Secure Tablets for Prisoners

**Best of Edovo Courses (Earns Certificate):**

- PATH OF FREEDOM** (Earning Mindfulness-Based Wellness & Resiliency Certificate)
- The Power of Mindfulness** (Earning Certificate)

**Books & Resources**

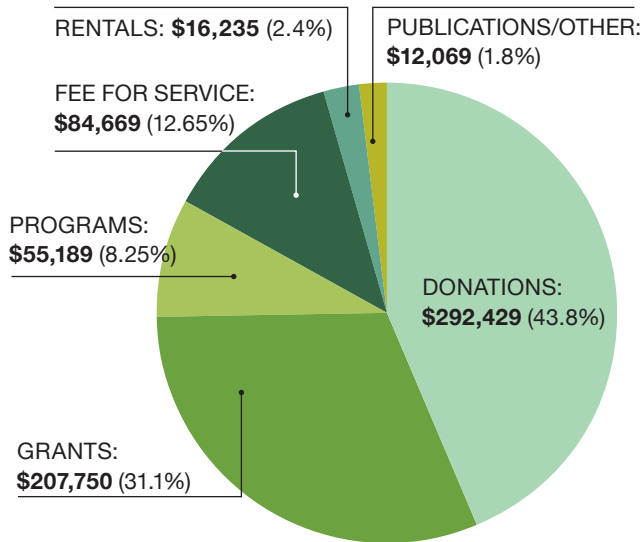
- SITTING INSIDE** (Book)
- MEDITATIONS FOR RESILIENCE** (Resource)
- DHARMA IN HELL** (Book)



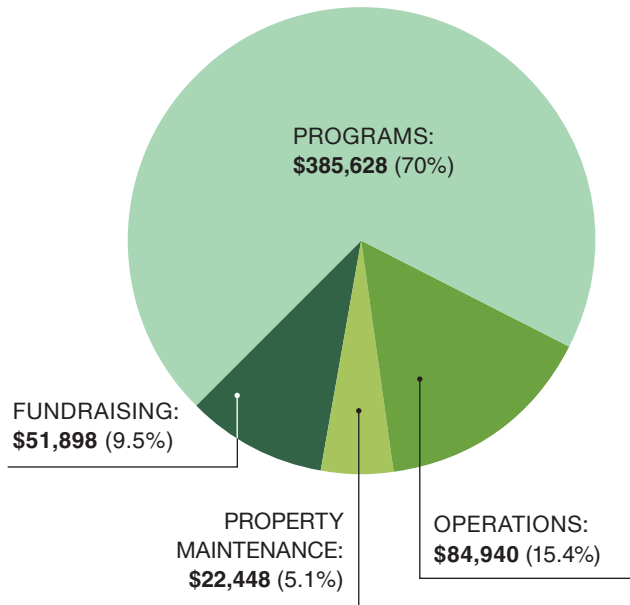
# FINANCIALS

# PMI: SUSTAINING THE CHANGE

## 2023 REVENUE: \$668,341



## 2023 EXPENSES: \$554,914



## 2024 Development Campaign Goals

PMI brings evidence-based mindfulness programming to the full breadth of the criminal justice system, from law enforcement and the court system to corrections, probation and parole, treatment and reentry programs. We are engaged in multiple research initiatives to drive innovative policy advancements. The bold effort to initiate system-wide change requires significant resources for program and faculty development, research, and training. We ask you to join with us in this exciting and challenging systemic change campaign to transform our criminal justice system into a vehicle for healing, transformation and hope, as well as public safety and security, by helping us to reach our fundraising goals for 2023:

### 2024 Fundraising Goals ..... \$1,000,000

General Donations	.....	\$300,000 (30%)
Grants	.....	\$300,000 (30%)
Programs	.....	\$175,000 (17.5%)
Fees for Services	.....	\$200,000 (20%)
Other	.....	\$25,000 (2.5%)

## Support us in any or all of the following ways:

- Donate to the Annual Fall Appeal, Giving Tuesday, and Year-End Appeal campaigns wholeheartedly so that we can achieve our goal of transforming our criminal justice system into a force for healing.
- Make a lasting contribution to the power of transformative justice by naming Prison Mindfulness Institute as a beneficiary in your will, recipient of a portion of your estate, or by establishing a charitable trust.
- Donate a gift of stock without converting it to cash, avoiding capital gains tax on its increase in value.
- Rather than selling, trading in, or scrapping your car, you can donate it to us through CARS (Charitable Adult Rides & Services).

Every gift of any amount is greatly appreciated by us and all of the thousands of prisoners we serve. Your donations are tax-deductible and will make a difference in the lives of so many in need.

Gifts may be made online at:  
**[www.PrisonMindfulness.org](http://www.PrisonMindfulness.org)**

or sent to:

Prison Mindfulness Institute  
 PO Box 206, South Deerfield MA 01373

*"I have tremendous respect for the work of the Prison Mindfulness Institute. It nurtures freedom, inner peace, and human kindness in places where there is precious little of it... a true example of rehabilitation in its deepest sense: learning to live inside (one's own body and heart) again. This is necessary work in our society, which, believe it or not, incarcerates a higher percentage of its population than any other country in the world."*

~Jon Kabat-Zinn



# On behalf of our Board and Staff we would like to thank our dedicated program facilitators and donors:

## Staff

Vita Pires, Ph.D., *Executive Director*  
Fleet Maull, Ph.D., *Director of Training*

## Programs Support

Emily Berchick  
Shea Harrison  
Danielle Mola  
Julie Paquette-Moore  
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Samo Skerbec

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## In Memoriam

Roshi Robert Aitken  
Rabbi David Cooper  
Roshi Bernie Glassman  
Father Thomas Keating  
Stephen Levine  
Roshi John Daido Loori  
Venerable Thrangu Rinpoche

## PROGRAM FACILITATORS

### Path of Freedom®

Rebecca Foster  
Sandy Inkster  
John MacAdams  
Paul Mooney  
Vita Pires, Ph.D.

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Sandy Inkster  
John MacAdams  
Margaret May  
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Lisa Roberti

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