



Our RI facilitators can support you or your organization develop and implement holistic systems, structures and programming that embrace the health and well-being of your students, teachers, and community members. We can work together to craft a series of learning experiences that best suit the needs of your school or organization. Additionally, the workshops and seminars described below can be modified to be meet your learning goals. If you are interested, please email RI's co-founder West Willmore at west.willmore@rainbowlearning.org.

Creating Sacred Space with Secular Ritual- What is the purpose of ritual in contemporary life? What place does it have in a secular school? How can it be implemented in a non-religious manner? In this workshop your RI facilitators will discuss how ritual can create a culture of reverence that supports mindfulness. The basic elements of ritual will be taught and participants will each have the opportunity to craft rituals that they can implement within their own classroom, home-life, or workplace.

Rites of Passage: Integrating transformative, coming of age experiences into class culture and curriculum- Rites of passage are an integral part of an individual's growth, validating their sense of self and their role within a society. Without such rituals of transition we can feel lost or isolated. And yet, when we fully undergo these sacred experiences of growth and change, our lives become more fulfilling. This workshop will delve into the importance of Rites of Passage, not only in general society, but for a student learner in a school setting specifically. We will explore the elements common to all Rites of Passage and share how we at RCS implement this universal structure into fundamental aspects of our holistic educational experience.

Learning Through a Holistic Lens: Exploring how teaching the whole child enhances the learning path of all children- In this workshop we will engage the Rainbow Seven Domains™ learning model and explore how teaching the whole child can not only positively and powerfully impact students with diverse learning needs, but also enhance the learning path of all children. This learning model is the foundational structure through which RCS approaches all learning and teaching. The model yields many strategies, lessons, and activities to engage children of all ages in facing their challenges, while reinforcing their strengths and self-concept. These holistic educational practices serve the developmental needs of the whole child by nurturing the social, emotional and spiritual learning domains while in harmony with the child's cognitive development.

Spirituality: A catalyst for transformative learning and advanced human development- This workshop will present research on how spirituality enhances learning and wellbeing for children and adults. We will take a close look at the phases of human development theories, from Piaget to Kegan, and think about why and how spirituality can provide fertile ground for individual cognitive development and societal progression toward higher levels of consciousness. We will also explore, Rainbow's approach to secular spirituality and consider how it can serve as inspiration in your own school or organization.

The Sacred in Science- Science is a core subject in the learning journey of a child. But science is also a way of knowing and is therefore sacred. This is a workshop that excerpts from science lessons those things that are already connected, common experiences. Together, through hands-on demonstrations, we will seek to honor the interesting ways you already are a great teacher and an observant student of life. If you get inspired by the beauty of science, even momentarily, you are already celebrating the sacred.

Mindfulness as Playfulness: Experience first-hand the transformative power of play- We will explore how teaching and practicing mindfulness, through games embedded within a structured framework, evokes curiosity, engagement, and fosters repetition thus facilitating learning. Attendees are encouraged to experience first-hand the transformative power of play, loosening up and connecting with their creative, playful nature in a safe, non-threatening way.

Mindfulness and Movement: Ground learning in the body by weaving mindful practice into active learning- In this workshop participants will learn tools on how to incorporate mindfulness within the physical domain. Mindfulness takes many forms during active movement. You will walk away with strategies that aim to connect

mindfulness concepts to game play, recess, and competition to help foster good sportsmanship and respectful behavior and language during the educational process.

Beyond Mathematics and Linguistics: Blending the spiritual and mental domains- In this session we will explore how the social, emotional, and spiritual domains can be seamlessly woven into any English and Math curriculum. We will be highlighting both writing, reflection, and language arts routines as well as the tool, techniques, and power of sacred geometry.

Leading With Compassion: Techniques that empower compassionate collaboration among teachers, families, and students- In this workshop we will explore techniques that empower our families and students to collaborate with the classroom teacher and one another in order to create a nonjudgmental, welcoming climate and culture. We will also foster conversations that give rise to the benefits of facing one another with honesty and trust. We will explore both theoretical and practical methodologies that embraces the "why's" and "how's" of mindful and empathetic interaction. Specific attention will be paid to Nonviolent CommunicationSM pedagogy and practices, along with other rituals that directly align with the mission of Compassionate Communication.

Inner Alchemy- This workshop will center around direct experiential meditative practices– one, a horizontal practice, the other, vertical. Each will be between 15-20 minutes in duration. From within your own experiences, elicited from these exercises, we will be directly exploring the Rainbow Seven DomainsTM model. Seeing for ourselves through ourselves; how we each experience the world through different lenses, different domains, both narrow and broad. Through personal writing, journaling, and personal sharing of narrative, we will begin the Alchemist's journey of exploration into the Self. We will begin an "unpacking" of different models of consciousness which seek to explain and help us in understanding what it is that resides under the surface of our seeing, feeling, thinking, and doings. A mapping of consciousness, of the interior, crucial to the Alchemist's journey. A coming to know thy Self. These tools can be easily implemented into each teacher or leader's reflective practitioner practice.

The Art of Storytelling and The Hero's Journey- This workshop session is designed to bring back the sacred art of storytelling to the classroom. Learn how the ancient act of gathering for fellowship around the fire can lead to relevant learning in all classroom settings today. Children young and old can be inspired by story to understand history, gain perspective of the diverse human condition, experience gratitude for the magic and science of the natural world, and much more. Explore a classroom curriculum designed around: *The Hero's Journey!* Discover how students can recognize personal transformations in their lives, acknowledge and embrace the unknowns ahead of them, and realize the hero within themselves. Through mythologies old and new, we discover archetypes that may be paralleled in our own students' struggles and successes, setting a platform for growth and resiliency.

Awakening a Deep Nature Connection: Exploring the Magic and Mystery of the Natural World- In this day and age an understanding of the human impact on the environment is virtually impossible to ignore. Likewise these environmental problems impact our daily lives and will continue to do so for generations. At RCS we believe that environmental stewards are birthed from a learning atmosphere that sees nature as sacred and divine. The culture, climate, and programming at RCS aim to nurture within the formative years of childhood an intimate and empathetic bond with the natural world that will grow over time into meaningful and enduring environmental action. In this workshop we will investigate rituals and activities that help infuse a love, appreciation, and reverence of the natural world into our lesson plans and classroom culture even for our "littlest" learner, setting a primary stage of development for lifelong environmental stewards.

Mindfulness of Mind and Body: Bolstered resilience through somatic awareness- In this workshop we will explore the mind/body connection by focusing on mindfulness of body. Our bodies are constantly giving us information that is unique from the perceptions of our cognitive mind and our interpretations of reality. Our mind may tell us that we are angry, but in our bodies we may be trying to stay safe from perceived threat. Sometimes feeling sensations allow us to discover what we did not know was there, and for our students noting sensations in the body allows for a somatic awareness that is frequently lost in the pace and values of our society. Teaching students somatic awareness teaches a different kind of self-awareness, one that both empowers and builds resilience.

MINDFULNESS & RACE: The Creation of Whiteness and How We Show Up- The current way in which we understand race and racism is flawed... and historically incorrect. As a result the ways we talk about and teach race in our schools, both directly and indirectly, are failing our students. In this workshop we'll shift the paradigm of race and racism and get in touch with our own stories of who we are, so that we can become better and more mindful

anti-racist teachers. How do we as educators perpetuate the institutional and structural systems that cause the achievement gap? In this workshop we will explore how implicit bias and other stressors show up in our personal interactions and brainstorm ways we can maintain mindfulness and interrupt those impulses.

Yoga for Resiliency and Trauma Recovery- This workshop provides a blend of experiential and didactic learning about trauma, resiliency and how yoga can help you and your students become more resilient. Our time together will help you to understand trauma and to create compassionate connection! You will learn the neuroscience of yoga around resiliency & trauma; how yoga promotes resiliency & inspires change; how to create a trauma-sensitive classroom; mindfulness techniques that help create connection with the body & mind; how to utilize yoga principles & practices in a classroom setting for all populations; the therapeutic benefits of gentle movement, breathing and mindfulness practices; and easy & portable techniques to take trauma-sensitive yoga off the mat and into the classroom.

Creating Heart Spaces for Learning: The brain science of mindfulness, compassion, and learning- In the midst of competing demands on our time, attention, and capacity to care, how can we guide our students (and ourselves) toward the place where our “deep gladness and the world’s deep hunger meet?” (Frederick Buechner). This is an important process through which we discover work that replenishes our spirit even as it serves others. When the speed of our lives causes us to overlook opportunities for joy, connection, and meaning we may rush past opportunities to meet the world’s needs, as well as our own. In our time together, we will focus on the foundation of service beyond the classroom - slowing down enough to notice what is needed and caring for ourselves and others. During this workshop we will experience the effects of slowing down and noticing through experiential activities, all of which can be shared with your students, clients, and children.

“Breathing In, Breathing Out” Meaningful Song, Movement and Rhythm in the Classroom- Research has found that learning music facilitates the learning of other subjects and enhances skills that children inevitably use in other areas. “A music-rich experience for children of singing, listening and moving is really bringing a very serious benefit to children as they progress into more formal learning,” says Mary Luehrisen, executive director of the National Association of Music Merchants (NAMM) Foundation, a not-for-profit association that promotes the benefits of making music. This is an experiential and fun workshop. As participants you will be given ideas and tools to incorporate rhythm, movement, and song into your classrooms or homes. As a complement to this workshop you will receive a songbook of tried and true songs that express the truth and beauty of our world.

The Heart of Diversity: Bringing compassion and mindfulness into diversity and inclusion- Effective equity, diversity and inclusion programs are heart centered and are rooted in compassion. Research and experience show that compassion and mindfulness training open the heart up and help individuals of all ages experience and connect to a sense of true oneness, harmony, and joy. We are thereby more able to embrace diversity more and to co-create a peaceful and whole world. In this workshop we will soften into powerful compassion concepts and engage in mindfulness exercises that enhance diversity work and nurture heart-based leadership in our schools, communities, and selves. "If you don't bring the question of the heart into things, you will always be putting out fires."

Raising Brave and Engaged Human Beings: Applying the Mindfulness Component of Acceptance & Commitment Therapy- Many of the most popular and effective approaches to helping people cope with suffering have targeted difficult thoughts and emotions, as though we might one day eliminate them! We live in a culture that suggests we chase pleasure and run from pain, promising happiness if we can chase and run fast and far enough. Mindfulness practices and concepts can fall victim to this expectation. In this presentation we will discuss the power of mindfulness to help us thrive despite the pain that inevitably comes with living. Using concepts from the framework of Acceptance & Commitment Therapy, the RI facilitator will share how we can use mindfulness to help children and teens face life in a manner that embraces the totality of what it means to be human.

The Tree of Life: Intentions, gratitude, coloring, active mindfulness, and introspection- The Tree of Life is an idea found in cultures around the world. Using the Tree of Life as a point of departure, the first part of this workshop will delve into sacred geometry, brain waves, and mindfulness through coloring. The second part will explore, through writing prompts, five personal development principles: intentionality, gratitude, creativity, active mindfulness, and introspection. These ideas are great for personal development, but also easily adaptable to the classroom.