

HIGHLAND ELEMENTARY PTO

PARENT SPEAKER SERIES

Exploring Mindfulness: Being More Present for Our Lives and Our Family
Guest Speaker: Banni Bunting

Join us for this
Speaker Series:
MONDAY,
JANUARY 29th
at 6pm in the
HIGHLAND LIBRARY!

This event is free to attend
and open to the community.
Refreshments will be served.

RSVP

RSVP is appreciated by
email to:
events2@highlandpto.org
or
via Highland PTO's
Facebook event page.

Please RSVP for *childcare
as well (specify number of
children and ages)
* Ages 3 & over and
potty trained

CHILDCARE

Childcare will be provided
(for ages 3 & over & potty
trained). Childcare is free for
Highland families and
\$5 per family for
non-Highland families.

Exploring Mindfulness: Being More Present for Our Lives and Our Family

The term **Mindfulness** has certainly become mainstream as of late. You read about it in newspapers and magazines. You hear about athletes, artists and musicians practicing it. Mindfulness has made it into major corporations like Facebook and Google, even into our military and school systems but what is it exactly? How can it help me? How can it help my children? Banni will be exploring what it means to be mindful, how we can practice it, and the impact it can have on our lives and our relationships. The scientifically proven benefits of increased focus and concentration along with improved physical and mental well being will be discussed. Banni will also provide practical tools that will help us incorporate mindfulness in our daily routine and family life.

Having grown up in a highly competitive tennis environment through college and then carrying this mentality into her adult careers of being a CPA and an FBI Agent, the practice of mindfulness showed Banni there was a different way. The practice brought forth more balance, perspective and gratitude into her life. Banni was so changed by this practice, she was inspired to share it with children where she believes it will truly make a difference. Looking back she wished she could have had some of these tools earlier in life, knowing how it may have changed her experience.



Banni has been teaching mindfulness in local schools in our community for the last four years ranging from pre-K all the way up to seniors in high school. She also offers after school mindfulness programs for youth entitled Exploring Mindfulness through breath, movement and creativity at Groove Yoga. Banni also periodically offers workshops for Exploring Mindfulness and Meditation for adults.

Banni is a UCLA trained Mindfulness Facilitator as well as a member of the International Mindfulness Teachers Association (IMTA). She also completed her 200 Hour Yoga Teacher Training with Rolf Gates and currently teaches at Groove Yoga. Banni has sat numerous retreats and learned from Jack Kornfield, Sharon Salzberg, Tara Brach, and George Mumford among others.

Banni is a proud mother of two daughters, age 10 and 13. She and her husband have lived in Bend since 2001 and enjoy doing anything outside in nature. She is excited to share the practice of mindfulness with others.