



# 4th Annual CREC & CCSU Mindfulness Conference

**Our most  
comprehensive**  
conference yet, with  
extended sessions by  
keynote speakers!



**Friday,  
December 7, 2018**



Check-in/Registration  
7:30 – 8:15 a.m.

8:30 a.m. – 3:30 p.m.



Central Connecticut  
State University  
Alumni Hall - Student Center  
[1615 Stanley Street](#)  
[New Britain, CT 06053](#)



**Price: \$110**

*Price includes conference,  
continental breakfast, and lunch.*

## KEYNOTE SPEAKERS

Ali Smith, Atman Smith, and Andres Gonzalez; founders of  
**HOLISTIC LIFE FOUNDATION (HLF)**

HLF helps children develop their inner lives through yoga,  
mindfulness and other self-care practices. Their work has been  
featured in O (Oprah) Magazine, LA Times, NBC Nightly News,  
CNN, and more. They are the group that inspired the viral headline:

**“MEDITATION INSTEAD OF DETENTION.”**

HLF serves over 10,000 youth per week in Baltimore city public  
schools alone and have shared their successful practices in workshops  
around the world. For more about HLF, visit [www.hlfinc.org](http://www.hlfinc.org).



Special  
Lunch Time  
Guest  
Speaker!

**REGISTER NOW**

» For details and registration, visit [www.crec.org/mindfulness/conference](http://www.crec.org/mindfulness/conference)  
or contact Emily Rosen at [erosen@crec.org](mailto:erosen@crec.org) or 860-509-3610.

**Afternoon  
breakout  
sessions**

- » The Need for Social Emotional Learning and Mindfulness in the Digital Age
- » Countering Substance Use in School Settings with Mindfulness-Informed Practices

- » Radical Self-Care: Sustaining Your Loving Life
- » From Trauma to Resilience: A Neurobiological, Psychological, and Spiritual Journey