

About Us



About Mindfulness Everyday

Our Vision

An inclusive global community in which we connect to ourselves, to others and the environment through embodying present-moment awareness, kindness and compassion.

Our Mission

We provide Mindfulness training in community, educational and organizational settings, to support well-being and compassionate action for ourselves, for others and our environment.

Inclusion Statement

Our intention is to embody inclusivity by creating and maintaining our courses with a genuine understanding of many differences including but not limited to: race, ethnicity, gender, socio-economic status, age, body size and shape, religion, nationality, sexual orientation, physical or mental health and physical or cognitive abilities. We acknowledge and honour the fundamental value and dignity of all individuals and we are committed to the elimination of discrimination in all its forms.

Our Values

Our values are embodied in mindfulness. By its nature, mindfulness embodies inclusiveness, transparency, honesty and integrity, respect for self, others and the environment. Mindfulness supports compassion, kindness, empathy, patience, a peaceful mind, and an open heart.

We strive to embody inclusivity by creating and maintaining our courses with a genuine understanding of many differences including but not limited to: race, ethnicity, gender, socio-economic status, age, body size and shape, religion, nationality, sexual orientation, physical or mental health and physical or cognitive abilities. We acknowledge and honour the fundamental value and dignity of all individuals and we are committed to the elimination of discrimination in all its forms.

Our Goals

To ensure ongoing relevance and positive impact, we are committed to improving the health and wellbeing of community members and the networks that support children and youth, by providing tailored mindfulness programs for educators,

administrators, parents, and families.

Our focus is the implementation of youth programming in our educational system as part of the curriculum so that our youth have the skills and tools to meet the challenges of life with wisdom and insight. By offering programs to the adults in our youth's lives – to educators, parents, caregivers and adults, we will insure the sustainability of the programs offered to youth.

As a social enterprise, our goal is to be sustainable over time, charging clients who can afford services, and providing services for free or at nominal cost to those with affordability issues. Recent budget cuts to our schools have limited the resources available to provide preventative programs delivered by proficient mindfulness facilitators to both students and teachers. Current economic conditions have created additional stress in the average person's life; many individuals cannot pay the fee for service in order to take programs that can assist them with their health and well-being.

Our Approach

The basis of our approach is the methodology, values and attitudes of the MBSR Workshop – Mindfulness-Based Stress Reduction. Our programs are continually being revised and updated to accommodate the needs of our community and reflect current research. We incorporate traditional foundational mindfulness practices, including mindful movement, intentional breathwork, and other strategies that support well-being. We welcome culturally responsive content, and open discussions that foster reflecting and connecting.

We believe that mindfulness is the ongoing discovery of the thread of interconnectedness; through practice, we become aware of our mind-body connection as well as our connection to

everyone and everything around us. We also believe that the cultivation of such awareness and interconnectedness is the source for learning about, respecting and possibly ensuring the sustainability of our communities.

Our teachers are involved in ongoing self-transformation and professional development and are always learning alongside participants. This model of teaching and learning has proven extremely effective in engaging participants, particularly youth, by helping them embody authentic experiences of mindfulness in relationships.

Mindfulness Everyday seeks to educate people about the benefits of mindfulness by teaching and developing mindfulness-based programs for the general public, schools and social agencies; collaborating with other organizations to support our goals; and promoting the values of mindfulness in society.

Collaborate With Mindfulness Everyday

There are several ways you can collaborate with Mindfulness Everyday. Support is possible through donations, volunteering your time to work with us, becoming an organizational partner, and many other ways!

Discover how you can collaborate with our team & contact us today if you have any questions!

