

B.Nature

An eight-week journey from embodied presence to embodied action for the well-being of people and planet

Register to attend free orientation [HERE](#)



Designed for global and local leaders, mindfulness advocates and youth changemakers building a better world through compassionate action.

Mindfulness-based, nature-centered practices and strategic action planning for personal, community and planetary well-being.

Created and facilitated by Knellee and Piero. Certified senior Mindfulness teachers with over 50 years of combined experience and practice. Representatives to the United Nations on sustainable development and well-being

Orientation on Sept 12 and Sept 26 at 6-8pm EST
Course: Thursdays, 6-8pm EST, Oct 3 - Nov 21, 2024
More info at www.ahameducation.org/bnature



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AHAM EDUCATION
Art of Happiness and Mindfulness
Academy of the Heart and Mind