



## **ISAK Mindfulness in Nature Project Week**

*“Two months after Patrick and his team have left, their impression and impact on the ISAK community is still felt. Our students are continuing to practice meditation on a daily basis - they are reaping the benefits of pausing and reflecting, and truly understand they are better people because of this exercise. There is no doubt we have grown as a community because of his presence”. – Rod Jemison, Founding Head of School, International School of Asia, Karuizawa*

### *Overview*

This week includes 6 days of programming: ½ day of staff training and 5 days of student activities. The week will be based at ISAK’s campus, with daily trips to the surrounding natural areas. Patrick will be the lead facilitator for the morning, mid-morning, and evening sessions. In the afternoons, students and faculty leaders will leave campus and venture into the local outdoors. During the staff training, Patrick will train faculty leaders in guiding evening small group activities.

### *Dates*

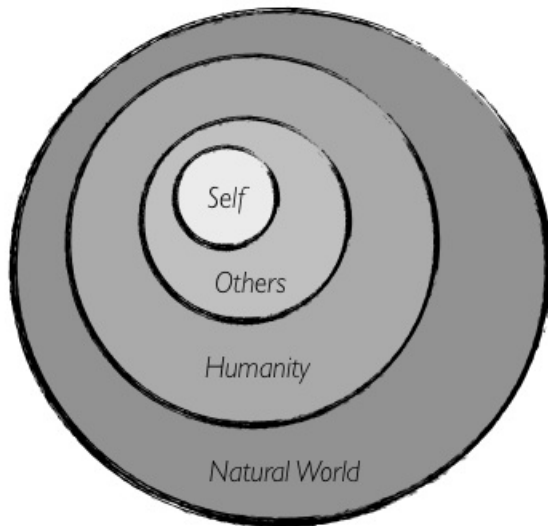
Patrick will arrive on campus on Sept 18<sup>th</sup>. He will spend 2-3 days scouting locations for outdoor activities with a local person knowledgeable of the area. Patrick will lead a staff-training day on Sunday Sept 21<sup>st</sup> and the week of programming will be from Sept. 22<sup>nd</sup>-26<sup>th</sup>.

### *Faculty Training*

The half day day faculty training will include: mindfulness meditation activities, nature awareness practices, small group training facilitation, an overview of the week, goals for the week, and themes for faculty members to emphasize with their students throughout the week. 4-5 ISAK faculty members will need to take part in this training in order to help lead small group/afternoon activities for the week.

*Theme for the Week*

## Levels of Awareness



Themes for the week will include: mindful self-discipline, connecting, and building awareness of ourselves, the ISAK community, the natural world, and the larger globe (see framework above). Each day will build upon one another. At the end of the week, we will end with a big physical challenge (such as a dawn AM hike up a mountain). Each day will be themed: Monday (self), Tuesday (others/ISAK community), Wednesday (humanity), Thursday (natural world), and Friday will bring them all together. Each day the morning talk, evening talk, and day's activities will focus on the theme of the day. There will be an opening and closing ceremony to start and end the week.

### *Daily Schedule*

The major activities of each day will include: meditation, nature awareness activities, teaching/lecture, afternoon physical activity, and evening group shares (see daily schedule below). The daily schedule follows the natural rhythms of the human body and mind. We will start the day in contemplation. The mid-morning will be the main mindfulness practice of the day. The afternoon will be the physical component/time to put into practice the nature-based teaching of the day. The evening will be a time to all come together and share. There will be a talk each evening and nature-based activity.

The following is a daily schedule. The times will be arranged in conjunction with the ISAK staff.

7:30am: Stretch/[Thanksgiving Address](#)  
8:00am: Breakfast  
8:30am: Lesson of the Day (classroom-style talk)  
9:00am: Morning mindfulness practice period  
10:45am: Break  
11:00am: Martial Arts  
11:30am: Faculty-led workshop (includes yoga, poetry, dancing, and Japanese Tea ceremony)  
12:30pm: Lunch  
1:15pm: Off-campus hike with nature awareness activities throughout hike  
5:30pm: Back at campus/student cleanup/faculty meeting/check-in  
6:00pm: Dinner  
7:00pm: Advisory (led by ISAK staff members) with reflection questions for day and connecting mindfulness activities  
8:00pm: Evening Talk and Compassion meditation  
9:00pm: Evening Star Gazing and Story Time  
9:30pm: Bedtime in Silence (students invited not to talk, use cell phones, or computers)

*Physical Activities/Activities for the Week will include:*

- Nature Awareness games
- Solo time in nature for each student
- Journaling
- Nature-based Art
- Nature-based Meditation
- Hiking
- Primitive Skills: fire building, shelter making, local plants and animals (with a local botanist, herbalist, tracking guide), tracking and stalking games
- Basic Outdoor Skills: orienteering, basic safety procedures, staying warm and hydrated
- Mindful Sports
- Sharing in Pairs (Dyads)

### **Feedback from ISAK School Leadership**

*"Over the course of his week with us, Patrick's skill and experience had a clear positive impact on students and faculty alike. Patrick's carefully designed mindfulness practices and teachings were delivered with warmth and passion. Students learned valuable--sometimes profound--lessons about themselves, each other, and the natural world. Many members of our community continue to build awareness and appreciation utilizing practices that Patrick introduced." - Lin Koboyashi, Founder and Head of Board of Trustees, ISAK*

*"Patrick worked closely with us prior to and during our Project Week to ensure that the program met our needs precisely. He was very easy to work with, was very*

*responsible, and was very sensitive to our needs and concerns. He has a great way with students and teachers, and this was a key element in the program's success. It was a huge relief to be able to let him take charge and not have to constantly intervene. We're looking forward to working with him again!"* - Janice Murabayashi, Assistant Head of School, ISAK