



## Our mission & vision

We are a global  
community making



We are a community of teachers, students, partners, organizations, volunteers, mindfulness champions, and change-makers working together to impact all corners of the world. We aim to embody a mindful way of living wherever we go.

mindfulness and  
emotional  
intelligence practical  
and accessible.



We translate complex concepts into techniques that all of us can easily understand and apply at work and in life.

Mindfulness is the ability to focus on the present moment with curiosity and openness. It underpins our emotional intelligence: understanding ourselves and others, and acting deliberately and with empathy.

The tools we choose are secular, evidence-based. These tools are applicable for everyone. Accordingly, we aim to be inclusive and reach a diverse range of individuals, communities and organizations.

Together, we're  
working toward a  
more peaceful world



We believe that mindfulness, emotional intelligence and compassion are essential ingredients for a peaceful world. Each person's individual transformation impacts their workplace, home, and community, contributing to a better world for all.

in which all people  
feel connected and  
act with compassion.



We are inspired by a future where everyone feels connected to other beings and intimately connected to their own experience. When we understand ourselves and see our similarities with others, we act with a true desire to be in service to others, which further deepens our connection.