Dear PMI Friends and Supporters,

Like all of you, we have been navigating these extremely challenging times under the Covid-19 pandemic, doing our best to continue serving all the youth, adults, families, volunteers, and professionals involved in, and impacted by, our criminal justice system, as well as other public safety professionals and their families. We are very grateful that we were already very active with online and video conference (Zoom) programming so making the shift to online programming was not as difficult for us, as it likely has been for many organizations.

Outside program facilitators and volunteers have not been able to enter prisons and jails during the pandemic, a situation that has not yet changed as of March 2021. To continue supporting incarcerated youth and adults, we have been making recorded video and audio programming available to prison administrators, both through online transfer, and by mailing in DVD’s and CD’s. We are currently working on the possibility of live, online video programming for prisoners in cooperation with the Rhode Island DOC and the South Carolina DOC. We have also been doing our best to support our large network of prison volunteers during this difficult time.

HOW WE ARE MAKING A DIFFERENCE

Prison Mindfulness Institute (PMI): Programs for At-Risk, Incarcerated, & Reentering Youth & Adults

Our in-person, Path of Freedom® (POF) programs for at-risk, incarcerated, and re-entering youth and adults have been mostly on-hold during the pandemic as described above. We are sending in recorded materials and will soon offer online programming. We hope to resume in-person programs soon, pandemic permitting. We continue training several hundred Path of Freedom® facilitators per year through our online, introductory POF facilitator training, offered three times per year, adding to the over 1,300 people from around the world who have already completed the training.

In 2020, we published the long-awaited, new illustrated Path of Freedom® book, authored by our Executive Director, K.Vita Pires-Crisp (Kate Crisp), developer of the Path of Freedom® curriculum and programs. The Path of Freedom® program was featured in a new documentary, The Mindfulness Movement (www.themindfulnessmovement.com), produced by Deepak Chopra and the recording artist Jewel, which debuted online due to the pandemic.

Center for Mindfulness in Public Safety (CMPS): Correctional Officer & Law Enforcement Programs

Along with Kelly Raths, Wellness Director for the Oregon DOC and CMPS graduate, PDC founder Fleet Maull, PhD presented our Mindfulness-Based Wellness & Resilience (MBWR)® model and research at the American Correctional Association (ACA) national conference in San Diego in early 2020. When the pandemic lockdowns began in March 2020, we immediately shifted our extensive, in-person MBWR training programs for public safety professionals to online, video conference (Zoom) delivery. We have trained over 3,000 corrections and law enforcement professionals through our Mindfulness-Based Wellness & Resilience (MBWR)® programs in California, Colorado, Connecticut, Indiana, Kentucky, Oregon, Massachusetts, Rhode Island, and the Province of Ontario. To support corrections, law enforcement, and public safety professionals during these extremely challenging times, we have been offering free, weekly MBWR practice and dialogue calls for those in Canada and the United States. We have just started offering these free resources for frontline health care and mental health professionals, as well. We also provide free video and audio resilience resources on our websites.

Engaged Mindfulness Institute (EMI): Teacher Training

We also shifted our in-person EMI teacher training retreats to online delivery during the pandemic. Our EMI yearlong Mindfulness Teacher Training & Certification program, the first to be accredited by the International Mindfulness Teachers Association (IMTA), is one of the most rigorous mindfulness teacher training programs in the world and is unique in its trauma-informed approach. We have certified approximately 195 mindfulness teachers and currently have 31 students in the 6th training cohort that will graduate following a final online retreat and training in May 2021. We hope to begin offering in-person retreats again in September 2021, depending on the pandemic. Thirteen EMI certified graduates now facilitate our MBWR program for public safety professionals.

We wish to express deep appreciation to all of our individual and foundation supporters, both longtime and new, who have invested in our work of transforming lives and society with our innovative mindfulness-based programs. We invite you to continue investing in this work as we continue through our 4th decade of service. May 2021 bring an end to the pandemic and be a year of profound healing and transformation for all those we serve and also a safe and rewarding year for all of our courageous partners – volunteers, criminal justice professionals, community leaders, and all of you, our loyal supporters and partners in this work.

Fleet Maull
PMI Founder & Board President
**MISSION**

Our Mission is to provide prisoners, prison staff, and prison volunteers with the most effective, evidence-based tools for rehabilitation, self-transformation, and personal & professional development. In particular, we provide and promote the use of proven effective mindfulness-based interventions (MBI’s). Our dual focus is on transforming individual lives, as well as transforming the corrections system as a whole, in order to mitigate its extremely destructive impact on families, communities, and the overall social capital of our society.

Our Goal is to establish these mindfulness-based interventions as the evidence-based norm in education, rehabilitation, drug and alcohol treatment, pre-release, and post-release programs for prisoners, as well as in staff development and leadership training programs for corrections professionals, law enforcement, and criminal justice professionals. We believe in the power of mindfulness practice, and the various mindfulness-based interventions, to change behaviors, heal and transform lives, and ultimately to prevent crime, reduce recidivism, and enhance community safety and wellbeing. We also believe in the power of mindfulness training to positively enhance performance, quality of life, and health and wellbeing among corrections professionals, law enforcement, and criminal justice professionals, while at the same time creating healthier, more humane environments and better outcomes for all.

**VALUES**

We believe in the basic goodness of all human beings and in their innate potential for healing and transformation.

We favor the healing and transformational paradigm of the Restorative and Transformative Justice models of criminal justice over the more punitive paradigm of Retributive Justice.

We support all prisoners, prison volunteers, corrections professionals, law enforcement, public safety professionals, and criminal justice professionals regardless of race, ethnicity, gender, religion, political views, or sexual orientation, offering every individual the utmost respect and dignity.

We believe in spiritual, humanistic, restorative, and empowering models for self-transformation and rehabilitation, following the principle “Give a person a fish and you feed them for a day. Teach the person to fish, and you feed them for a lifetime.”

**VISION**

**Transformative Corrections**

We envision correctional institutions and community corrections facilities and programs as safe, humane, and education-focused environments that genuinely support healing, rehabilitation, and personal transformation — making use of the proven-effective mindfulness meditation and body-mind awareness practices of the world’s great contemplative traditions and the research-based integration of these traditional practices with contemporary psychology and modern therapeutic methodologies. We envision a restorative and transformative criminal justice system that genuinely and intelligently focuses on public safety and harm reduction rather than punishment or revenge. We envision a significantly smaller and dramatically less expensive prison system that reserves secure facilities for providing humane, mindfulness-based treatment and rehabilitation for violent offenders and employs proven outcome-effective and cost-effective community corrections programs for non-violent offenders.

**Successful Reintegration**

Through the success of our programs, we envision a faster and more successful reintegration of rehabilitated and transformed prisoners into the community and a gradual shift toward more reliance on high quality, mindfulness-based community corrections programs that keep individuals in the community — working, supporting their families, raising their children, and paying taxes rather than becoming a tax burden to the community while housed in prisons that often do them more harm than good.

**Empowering Community Leadership**

We further envision a growing number of prisoners and ex-prisoners emerging as community leaders and change agents working to heal individuals and communities both inside and outside the walls of our correctional institutions, thus contributing significantly to the overall health and well-being of society.

“It is important that we do not forget what happens in our prisons, nor what they are for. Prisons should not only be focused on punishment, but also on rehabilitation. No one is entirely evil, for everyone does possess a basic sense of humanity at some level. Indeed we Buddhists believe that everyone has Buddha nature, the potential to become a Buddha. In our various communities it is important to ensure that the prison system functions in the interest of us all.

I am pleased to learn that the Prison Dharma Network [Prison Mindfulness Institute] is working to support rehabilitation through education and other activities within the prison system. I am confident that these projects will be of long term benefit both to prison inmates and society at large and offer my prayers for their success.”

~H.H. Dalai Lama
With nearly seven million men, women and children under some kind of correctional supervision in the U.S., our criminal justice system has devolved into a self-perpetuating industry that warehouses human beings deemed to be expendable. This industry is siphoning away critical community resources from health, education and infrastructure, while actually diminishing overall public safety. Correctional facilities offer their unfortunate occupants little hope of ever having a better, more productive life.

Mindfulness-based programs offer prisoners, corrections professionals, law enforcement and other public safety professionals, as well as criminal justice professionals new hope for changing and transforming their lives for the better. Current neuroscience research has demonstrated clearly the positive impact of consistent meditation practice on human development, brain function and behavior.

Both Mindfulness-Based Emotional Intelligence (MBEI) and Mindfulness-Based Wellness & Resiliency (MBWR) trainings have demonstrated significant positive impact for people suffering from depression, attention deficits, poor impulse control, burnout, untreated trauma exposure, and other behavioral and health issues prevalent in prison populations and law enforcement.

We continue to develop, implement, and promote transformative, evidence-based programs for the communities we serve. Our flagship Path of Freedom program presents an MBEI approach to relieving suffering and promoting positive behavior change for prisoners. Our MBWR training suggests practices to reduce stress while creating resilience for corrections, law enforcement, and other public safety and criminal justice professionals. Our Mindfulness Teacher Training certifies those who wish to teach mindfulness to underserved and at-risk communities.

We are working to actualize our PMI mission of transforming lives and society with three principal strategies:

• Leading the field as an innovative developer and direct provider of mindfulness-based emotional intelligence (MBEI) training for prisoners, mindfulness-based wellness (MBWR) and resiliency training for public safety and corrections professionals, and mindfulness teacher training for those aspiring to bring mindfulness into their communities, agencies, and workplaces.

• Conducting quality research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions and programming as evidence based practice (EBP) in the fields of corrections, public safety, and criminal justice.

• Growing and resourcing an international, contemplative and mindfulness-based prison work movement — providing prisoners, prison volunteers, corrections staff and over 150 PDN-member prison projects and organizations with the most effective mindfulness-based tools, training and resources available.

“I have tremendous respect for the work of the Prison Mindfulness Institute. It nurtures freedom, inner peace, and human kindness in places where there is precious little of it... a true example of rehabilitation in its deepest sense: learning to live inside (one’s own body and heart) again. This is necessary work in our society, which, believe it or not, incarcерates a higher percentage of its population than any other country in the world.”

~Jon Kabat-Zinn
Since launching the POF online course in 2009, over 1,300 participants from around the world have completed the POF facilitator training. The majority of these participants are volunteers or professionals already involved in corrections, treatment, or at-risk youth programs of one kind or another. The Path of Freedom™ and Mindfulness-Based Emotional Intelligence intervention is a uniquely integrated rehabilitation and personal development curriculum. It incorporates mindfulness training, cognitive-behavioral training, and social-emotional learning in a pragmatic twelve-session, experiential course that can be delivered in a variety of settings and in various formats.

In 2020 we offered three Path of Freedom trainings, training a total of 130 people. In 2021 we will switch to offering the training on a rolling basis with the hope that we can double that amount. We also have programs ready to begin in facilities in South Carolina and Ontario once pandemic restrictions are lifted.

Spanish and Illustrated Path of Freedom Books
In 2020 our Executive Director, K.Vita Pires-Crisp, completed a Spanish version of the Path of Freedom book as well as an illustrated version for those who have difficulty reading.

"Train the Inside Trainer" Project
In this project, prisoners who have previously completed the Path of Freedom program are taught how to facilitate the program to their peers. The pilot program launched in 2018 in Rhode Island and continues there.

Due to COVID-19 restrictions, we had to put the “Train the Inside Trainer” project on hold until it is safe for outside visitors to enter facilities again.

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"This program went above and beyond my expectations. I feel equipped to teach mindfulness, conflict resolution, meditation, communication skills, empowerment, and forgiveness in prisons. I also learned how to apply these skills personally, and feel that I grew a lot throughout this program."

~Online POF Participant

"This course far exceeded my expectations! I have personally grown so much over the past six weeks. I’ve become a better parent and wife, and my internal peace is growing day to day with the knowledge and practices I’ve learned from this program. I’m forever grateful!"

~Online POF Participant
Accomplishments

Continuing Education Courses and Trainings:
During the pandemic we were able to continue training Path of Freedom facilitators online. We were also able to offer continuing education courses online to 269 people in Trauma, Community Mindfulness, and Mindfulness-Based Wellness and Resiliency.

Networking and Community Building
We have continued to grow our network and community for over 40 years. We now have a platform where we host our Path of Freedom, Mindfulness-Based Wellness & Resiliency, and Mindfulness Teacher Training courses. With over 1,000 members, the site is very active! Join our community to interact with like-minded people, participate in our training courses, join our events, and explore best practices for skillfully engaging in the world.

Sign up here: https://engagedmindfulness.mn.co/

Online Interactive Map
Our searchable online database includes 158 Prison Dharma Network member organizations worldwide.

PMI on Social Media
Our social media sites are quite active with nearly 8,000 people following our PMI Facebook page, over 2,000 following our EMI Facebook page, over 15,000 following our PMI Twitter page, and over 600 followers of our EMI Twitter page.

“I’ve been in several situations where I’m fueled by the same negative emotions that led to my incarceration. Now I know how to make sure those emotions don’t become behaviors that lead to trouble.”

~Prisoner, POF Class
“I want to thank you for sending books to my fiancé. He is really enjoying meditation and the simplicity of just being positive and letting go. I can see a huge change in him and thank you for helping with that. Thank you again for giving positive help to our loved ones in prison.”

~ Books Behind Bars Recipient

Books Behind Bars: Support for Prisoners, Prison Chaplains, and Prison Libraries

We provide shipments of books on meditation, Buddhism, and other contemplative practices and teachings from the world’s great wisdom traditions to prisoners, prison chaplains, and prison libraries. This past year we have sent over 1100 books to prisoners and chaplains.

We continue to partner with Tricycle Magazine and Naljor Prison Dharma to provide chaplains and prison libraries with downloadable materials and resources on our website, including the Tricycle Meditation Kit which provides meditation and yoga instructions. We also offer a Path of Freedom Meditation Kit.

“... anything is possible through meditation and mindfulness.”

~Prisoner, POF Class

Prison Dharma Press

As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries and volunteers nationwide, including: Dharma In Hell: The Prison Writings of Fleet Maull, Sitting Inside: Buddhist Practice in America’s Prisons, the illustrated Path of Freedom book, and the Spanish Path of Freedom book.
**Accomplishments**

"This program is so important to the wellbeing of all our staff and will also benefit their families by encouraging great mental health and resiliency. It is also giving me purpose and a renewed meaning to my work as a Correctional Officer."

~ MBWR Training Program Participant

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**Prison Mindfulness Research Project**

PDN has established a stellar committee of seasoned researchers to develop research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions as evidence-based practice (EBP) in corrections.

Please visit our website [prisonmindfulness.org](http://prisonmindfulness.org), for information regarding our published research and current research initiatives.

**PMI’s Research & Program Evaluation Committee**

Brad Bogue, M.A.
Willoughby Britton, Ph.D.
Jennifer Clark, M.D.
Sam Himelstein, Ph.D.
Jennifer Johnson, Ph.D.
Fleet Maull, Ph.D., CMT-P
K.Vita Pires-Crisp, B.A.
Dave Vago, Ph.D.

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**Center for Mindfulness in Public Safety (CMPS)**

We created the Center for Mindfulness in Public Safety so we could develop, implement, and research Mindfulness-Based Wellness and Resiliency (MBWR) programs for public safety professionals including law enforcement, corrections, the courts, and reentry services.

Since its inception in 2012 over 3,000 public safety professionals have completed the training. We offer weekend immersion retreats, intensive daylong programs, and 10-week Community of Practice (CoP) trainings.

Public Safety professionals in Boston, California, Colorado, Connecticut, Indiana, Kentucky, Oregon, Rhode Island, US Border Patrol, and Ontario, Canada have participated in the MBWR trainings and have reported success. Research from both the Oregon DOC and the Ministry of the Solicitor General in Ontario has demonstrated significant improvements in participants’ capacity for mindfulness, emotional intelligence, and their overall wellbeing and job satisfaction. The majority of participants reported significant improvements in their quality of life at home and at work, including very specific improvements in their physical health.

See: [www.mindfulpublicsafety.org](http://www.mindfulpublicsafety.org)
Training

Engaged Mindfulness Institute

The Engaged Mindfulness Institute (EMI), formerly Peacemaker Institute, was founded in 2001. In 2015 we launched the Engaged Mindfulness Institute with a year-long 300-Hour Mindfulness Teacher Training and Certification program for aspiring mindfulness teachers bringing trauma-informed mindfulness to individuals in at-risk situations and underserved and marginalized communities. Then in 2016, we launched our 500-Hour Mindfulness Teacher Certification for graduates of the 300-Hour Level One program who seek a second year of advanced training and supervised practice-teaching. The Institute delivers trainings developed from a rich tradition of spiritually grounded, contemplative and mindfulness-based peace and social change work combined with the latest developments in neuroscience-based leadership training. Mindfulness is foundational to all of our trainings.

To date we have graduated 218 Certified Mindfulness Teachers. We will complete our 6th cohort in May of 2021 and have begun enrolling the 7th cohort which will begin in September.

We believe in employing these graduates when possible. Currently there are 13 EMI graduates teaching our Mindfulness-Based Wellness & Resiliency classes in California, Connecticut, Indiana, Oregon, and Ontario.

See: www.engagedmindfulness.org

“The thing I’m most struck by with EMI’s MTT300 is the new found clarity that this is the work I was meant to do. I know I am in the right training. I’m so grateful to be a part of the MTT community of service. I feel at home.”

~EMI Teacher Training Participant

“One thing I appreciate about this course is that the content and structure really gets down to the essence of what truly matters in this work. No frills, no woo-woo, nothing too dogmatic, it’s practical, accessible and down-to-earth. It just makes sense to me.”

~EMI Teacher Training Participant
"I have more self awareness and resilience. I have become more accepting of the fact that I can't control everything but I can take charge of my emotions through mindfulness. I am aware of my ability to decide how to be present in any given moment. I can disconnect from the emotions of my client but still show them empathy and stay empowered. I have enjoyed this opportunity to look deeper into myself and spend time with like-minded individuals."

~ Parole Officer in MBWR Training Program

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**STRATEGIC PARTNERSHIPS AND COLLABORATIONS**

**Prison Dharma Network Organizational Members**

We are committed to supporting, promoting and facilitating the work of our 158 PDN member organizations. Our membership includes almost all of the organizations and groups, large and small, doing meditation-based or contemplative prison work in the U.S. and a number of groups working in Europe, Latin American and Pacific Rim Countries such as Australia and New Zealand.

**Justice Systems Assessment & Training (J-SAT)** brings Evidence-Based Practices (EBP) and performance measurement strategies to federal, state, and local correctional agencies through evaluation, training, assessment and research services. PMI continues to partner with J-SAT to evaluate the effectiveness of Mindfulness-Based Wellness & Resiliency (MBWRTM) training programs for corrections professionals, law enforcement, and criminal justice professionals.

**Mindful Justice Initiative (MJI)**

A collaboration with Transforming Justice catalyzing regional and national conversations among criminal justice thought leaders about the use of mindfulness-based strategies for developing a more humane, effective, and sustainable criminal justice system. To this date we have provided mindfulness training programs for judges, prosecutors, and public defenders in Santa Clara County. See: [www.mindfuljustice.org](http://www.mindfuljustice.org)

Fleet Teaching Path of Freedom to Prisoners in Columbia, South America in 2019
Financials

**2020 Revenue: $831,486**

- **Rentals:** $9,615 (1.2%)
- **Fee for Service:** $129,231 (15.5%)
- **Donations:** $289,848 (35%)
- **Programs:** $227,975 (27.4%)
- **Publications/Other:** $4,817 (0.5%)
- **Grants:** $170,000 (20.4%)

**2020 Expenses: $587,341**

- **Funding:** $39,092 (6.7%)
- **Operations:** $72,782 (12.4%)
- **Programs:** $449,474 (76.5%)
- **Property Maintenance:** $25,993 (4.4%)

PMI: Sustaining the Change

**2020 Development Campaign Goals**

PMI is now bringing evidence-based mindfulness programming to the full breadth of the criminal justice system, from law enforcement and the court system to corrections, probation and parole, treatment and reentry programs. We are engaged in multiple research initiatives to drive innovative policy advancements. The bold effort to initiate system-wide change requires significant resources for program and faculty development, research, and training. We ask you to join us in this exciting and challenging systemic change campaign to transform our criminal justice system into a vehicle for healing, transformation and hope, as well as public safety and security, by helping us to reach our fundraising goals for 2021:

**2021 Fundraising Goals .......... $1,000,000**

- **General Donations .............. $200,000**
- **Major Gifts .................... $200,000**
- **Grants ......................... $200,000**
- **Programs ..................... $200,000**
- **Fees for Services ............. $200,000**

Support us in any or all of the following ways:

- Donate to the Annual Fall Appeal, Giving Tuesday, and Year-End Appeal campaigns wholeheartedly so that we can achieve our goal of transforming our criminal justice system into a force for healing.
- Join our Legacy Circle with a multi-year gift of support for our Path of Freedom or Books Behind Bars programs. By committing and contributing to this fund in an ongoing way, you help countless youth and prisoners find a way to make their lives meaningful rather than harmful to themselves and others.

Every gift of any amount is greatly appreciated by us and all of the thousands of prisoners we serve. Your donations are tax-deductible and will make a difference in the lives of so many in need.

Gifts may be made online at:

**www.PrisonMindfulness.org**

or send to:

Prison Mindfulness Institute
PO Box 206
South Deerfield MA 01373

“I have been honored to serve as a spiritual advisor to the Prison Dharma Network since its founding and fully endorse the work they continue to accomplish. Through my own experience with prisoners, I have directly witnessed the transformative potential of prison meditation programs. Please support Prison Dharma Network in any way you can.”

~Acharya Pema Chodron
On behalf of our Board and Staff we would like to thank our dedicated program facilitators and donors:

**Staff**
K.Vita Pires-Crisp, Executive Director  
Fleet Maull, Director of Training & Development

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