

b.Nature 2026

A journey in inner development for outer change.
Leading with eco-awareness, love and conscious
action for the well-being of people and planet

Register to
attend free
orientation



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

Mindfulness-based, nature-
centered practices and action
rooted in inner development
for personal, community and
planetary well-being.

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

Classes: Thursdays at 12pm - 2pm EST

Spring Cohort: Mar 5 to Apr 23, 2026 (solo retreat Apr 11)

Fall Cohort: Sep 3 to Oct 22, 2026 (solo retreat Oct 10)

Orientations: Feb 5 and 12, 2026; Aug 20 and 27, 2026

More info at www.ahameducation.org/bnature



ACT NOW



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