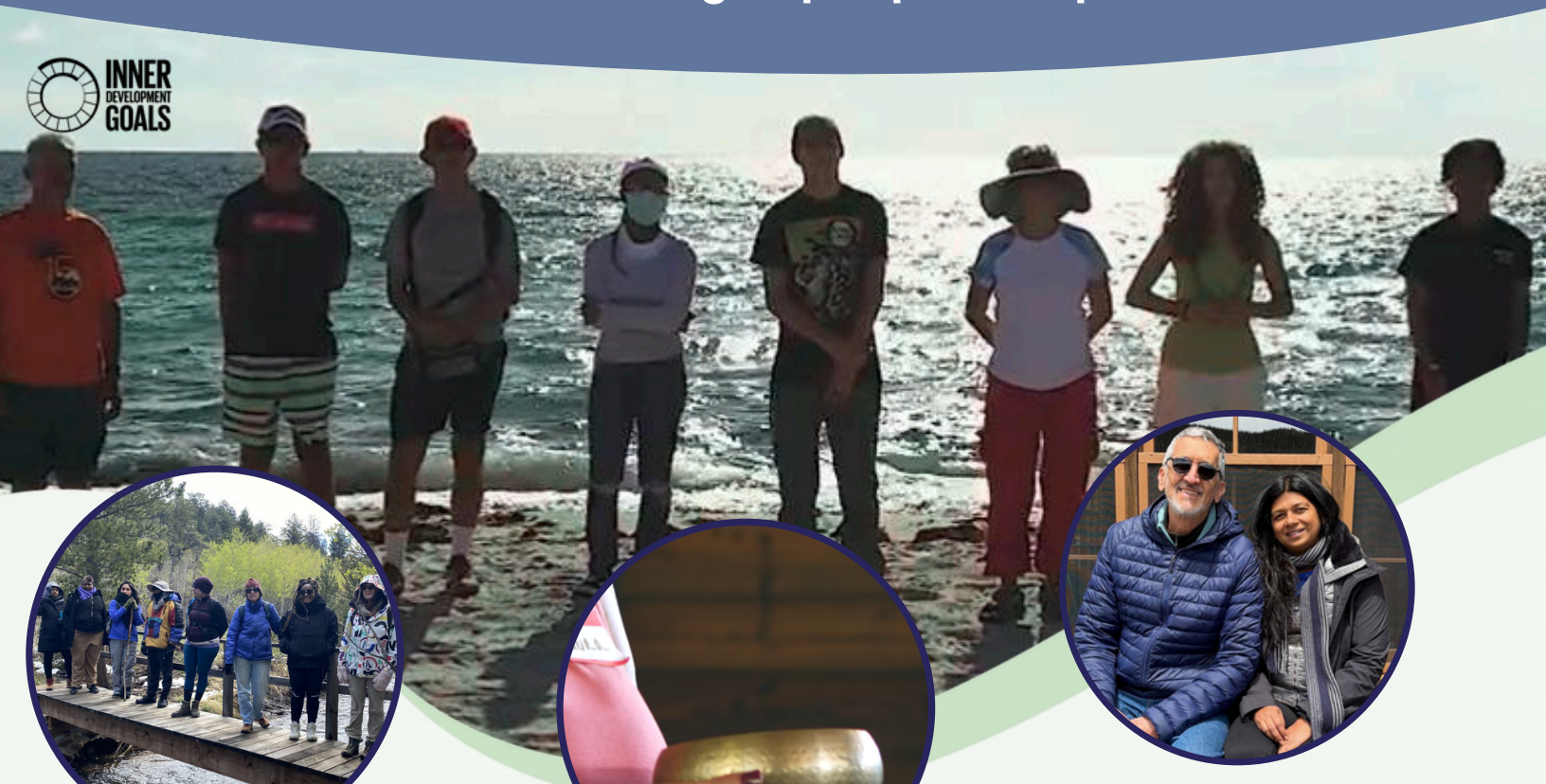
b.Nature 2027

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

INNER DEVELOPMENT GOALS



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

b,Nature Open House: 1st Thurs monthly 12pm EST

b.Nature Course: weekly, Feb 25 to Apr 15, 2027

- **Sessions: Thursdays, 12pm - 2pm EST on Zoom**
- **Solo nature retreat: Sunday, Apr 4, 2027**

More info at ahameducation.org/bnature or contact info@ahameducation.org

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Academy of the Heart and Mind

BESS Family FOUNDATION