

# b.Nature

An eight-week journey from embodied presence to embodied action for the well-being of people and planet

Register to attend free orientation [HERE](#)



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



Mindfulness-based, nature-centered practices and strategic action planning for personal, community and planetary well-being.



Created and facilitated by Knellee and Piero. Certified Senior Mindfulness teachers with over 50 years of combined experience and practice. Representatives to the United Nations on regeneration, sustainable development, and well-being

**Orientation: March 20 12-2pmEST or March 27 - 6-8pmEST**  
**Course: Thursdays, April 10 to May 29 - 12-2pm EST**  
**More info at [www.ahameducation.org/bnature](http://www.ahameducation.org/bnature)**



**ACT NOW**



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