

**Keynote Speaker for
Pi State Opening Session
Friday, 12 October 2018
Radisson Hotel, Corning 14830**

Teresa Keyes



**Mindfulness in Education:
Give 'Em a Peace of Your Mind**

Wayne-Finger Lakes School Librarian **Teresa Keyes**, *Alpha Tau*, is an enthusiastic advocate for UPK-12 mindfulness initiatives, offering training for building leaders and teachers who want to weave meditation and present-moment awareness into their school culture.

Teresa combines 15 years' experience as a teacher and professional development coach with her integrated wellness background. She is certified as a yoga instructor (RYT 200, Restorative), International Forest Therapy Guide, and Reiki 1 practitioner.

Her goal is to help educators find peace of mind through establishing their own meditation practice, thereby becoming mindful role models for their students.

Teresa and her husband, Corey, raised their two children in Bloomfield and now spend much of their free time hiking, biking, and kayaking.