



Nimrod Sheinman

Founder and Director of Israel's Center for Mindfulness in Education

Dr. Nimrod Sheinman is one of Israel's most experienced and well-respected mind-body authorities. He is currently Founder and Director of Israel's Center for Mindfulness in Education, and was previously the Co-Founder and Director of Israel's Center for Mind-Body Medicine.

Israel's first "mindfulness in schools" project, which he initiated 20 years ago, with support from Israel's Ministry of Education, has since reached thousands of children, teachers and parents. In the whole school model, mindfulness is integrated into the school's curriculum, culture and climate, aiming at enhancing resilience, wellness, sense of connectedness and learning from within. The model has been applied in various primary schools across the country, for periods which range from 2 years to 20 years. It was presented in international conferences in Europe, Asia, Canada, USA, Australia and Israel.

Research interests include mindfulness-based pedagogies, children's coping strategies, children's inner experience during mindfulness, mindfulness in education as a whole-school approach, and mindfulness-based coping strategies.