

Mark Coleman, M.A., founder of Awake in the Wild and The Mindfulness Institute, is an internationally recognized mindfulness facilitator who has guided students on five continents to find greater peace and fulfillment through nature-based mindfulness practice and mindfulness retreats. The author of *Awake in the Wild*, Mark is also a corporate consultant, individual counselor, poet, wilderness guide, and outdoor adventurer.

Mark Coleman has been studying meditation practices since 1981, primarily within the Insight Meditation (Buddhist) tradition. He has been teaching meditation retreats since 1997. His teaching is influenced by studies with many great teachers in the Buddhist tradition as well as from Advaita and Tibetan teachers in Asia and the West, and through his teacher training with Jack Kornfield. Mark primarily teaches at Spirit Rock Meditation Center in California, and teaches nationally, in Europe and India.