

Heidi Bourne - brief bio

Heidi Bourne is a mindfulness meditation teacher, a dedicated practitioner, and has been guiding groups and individuals since 2005 in both private and in professional settings. Sylvia Boorstein and Donald Rothberg are her primary mentors.

She holds certification in mindfulness facilitation through UCLA's Mindful Awareness Research Center, is a member of the International Mindfulness Teachers Association, and is a guest teacher at Spirit Rock Meditation Center in Woodacre, CA.

Heidi has a background in nursing and has been a small business owner in Arcata, California for 30 years.