

## **Siri Chandler**

### **Mindfulness Educator**

#### **Profile:**

Siri was born and raised in Bangkok, to Californian parents. She is a Thai & USA citizen and spent 15 years teaching in international schools in Thailand and Bolivia.



She first started practicing mindfulness in 1988. Having experienced the benefits of mindfulness training and realizing the need for it in our increasingly stressful, busy, and technologically distracted society, she decided to branch out from her profession as an international school classroom teacher to bring mindfulness training to children, teens, & educators. From 2012 to 2017 she spent most of her time teaching mindfulness courses in a variety of different international schools in Bangkok and Bali.

In the summer of 2017 she moved to Paknampran, Pranburi where she continues to teach mindfulness in retreat settings, to small groups, privately and online. Her participants now include corporates, university students, and the general adult population. Due to no longer living in Bangkok, her area of interest has shifted to teaching Mindful Self-Compassion and Mindfulness for Athletes (introducing people to the skills and tools of mindfulness to help them cultivate peak performance).

#### **Education Qualifications**

Trained Teacher of Mindful Self-Compassion, Center for Mindful Self-Compassion 2019  
Mindful Self Compassion Teacher Training, Bowral, NSW, Australia, 2018  
Trained to Teach the Mindfulness in Schools Project .begin Curriculum, online 2018  
Mindfulness for Athletes course, created with Pete Kirchmer, Thailand & CA, 2017  
MBSR Advanced Teacher Training, Petaluma, CA, USA, 2015  
MBSR Teacher Training from UCSD's Center for Mindfulness, 2014  
Mindful Schools Certified Instructor, 2014  
Trained to Teach the Mindfulness in Schools Project 'Foundations' Curriculum, Bangkok, Thailand, 2014  
Trained to Teach the Mindfulness in Schools Project 'Paws.b' Curriculum, London, UK, 2014  
Trained to Teach the Mindfulness in Schools Project '.b' Mindfulness Curriculum, Phuket, Thailand, 2013  
Mindful Schools Curriculum Training, CA, USA, 2013  
Mindfulness Education Institute Year-Long training, CA, USA, 2012-2013  
'Stressed Teens' Mindfulness Professional Training, CA, USA, 2012  
'Still Quiet Place' Mindfulness Teacher Training, CA, USA, 2011  
Cultivating Emotional Balance, Teaching Certificate, Phuket, Thailand, 2010  
International School of Bangkok Teacher, Thailand 1999-2010  
Early Childhood Education, University of Phoenix, AZ, USA, 2004-2006  
Cochabamba Coopertive School Teacher, Bolivia, 1998-1999

International School Eastern Seaboard, Chonburi, Thailand, 1994-1997  
Early Learning Center, Bangkok, Thailand, 1993-1994  
Multiple Subjects, Credential, Dominican University, CA, USA, 1992-1993  
B.A., Psychology, University California at Santa Barbara, CA, USA, 1987-1991

## **Mindfulness Teaching & Work Experience**

### **2020**

Facilitating the full Mindful Self-Compassion Course as part of the Center of Mindful Self-Compassion's 'Learning Online Teacher Training', CA, USA  
Two Online Mindful Self-Compassion 10-day Course for New Life Foundation, Chiang Rai, Thailand  
Self-Compassion Retreat, Hua Hin, Thailand  
One-to-one Online Resilience Mindfulness Courses, Thammasat Rangsit University, Thailand  
One-to-One Mindfulness for Athletes Course, Online  
Mindfulness for Educators course, Assumption College Bangkok Primary Section, Bangkok

### **2019**

Mindfulness Workshops for Corporates:

- Intuit -- India's leadership team, Phuket
- Vodafone outsourced leadership team, Paknampran
- Amadeus leadership group, Hua Hin

Mindful Self-Compassion 8-week course, Bangkok  
.begin 9-week course training to Cambodian International Teachers, online with MiSP  
4-week course for Thammasat University Medical Students, Bangkok  
3-day Introduction to Meditation Retreat, Paknampran  
2-week course for Thammasat University Medical Students, Bangkok  
Mindful Self-Compassion Workshops, Bangkok

### **2018**

Introduction Workshop & Foundations Course (8 sessions), Concordian International School, Bang Na  
Online Private MBSR Courses (8 weeks)  
Introduction to Mindfulness Workshops:

- APEC leadership team, Bangkok
- Thammasat University, College of Medicine, Rangsit Campus, Bangkok

4 Week Foundations of Mindfulness Course, Hua Hin  
Courage & Body Mindfulness Retreats, Ariyasom, Bangkok  
Mindfulness for Athletes Private Courses

### **2017**

Introduction Workshop & Foundations Course for Educators (9 sessions):

- St. Andrews, Sukhumvit 71, Bangkok

- Norwich International School, Bangkok
- Mindfulness Workshops:
- Norwich International School, Introduction for Parents, Samut Sakhon
- Bali International School, Mindfulness for Educators Weekend Workshop (2 full days) & one full day of going into 6 classrooms from Kindergarten to Grade 12, demonstrating how mindfulness can be taught, Sanur, Bali
- Annabel's Early Years, Introduction to Parents, Bangkok
- Satit Kaset IP, Kasetsart University Laboratory School International Program

Teacher's Development Day Mindfulness Workshop speaker, Satit Kaset, Bangkok

Online Private MBSR Courses (8 weeks)

Mindfulness for Educators in Early Childhood (6 sessions), Annabel's Early Years, Bangkok

2 Mindfulness by the Sea Retreats, Paknampran, Pranburi

Mindfulness for Athletes, 3 Day Weekend Workshop, Paknampran, Pranburi,

## 2016

Introduction to Mindfulness Workshop:

- St. Andrews, Sathorn Campus, Bangkok
- Early Learning Center, parents, Bangkok

Introduction Workshop & Foundations Course (8 weeks):

- Suananda (with St. Andrews teachers and others) 8-week .b Foundations course
- (2x) Shrewsbury International School, teachers
- ISB, teachers
- Satit Kaset IP, Kasetsart University Laboratory School International Program
- Harrows International School, teachers
- International School of Bangkok (ISB), parents

MBSR Course (8 weeks):

- ISB, teachers
- Rainbow Room, local Thais and expat adults
- Private one-to-one courses

Mindfulness Course - based on MBSR (7 sessions), New International School Bangkok (NIST) Thai staff

2 MBSR Retreats at Ariyasom, Bangkok

MiSP assistant in Paws.b Teacher Training, Phuket International Academy Day School (PIADS), Phuket

## 2015

Introduction Workshop and MBSR course (9 Sessions):

- ISB, teachers
- (2x) NIST, teachers
- NIST, parents

Paws.b Course (6 sessions), NIST, Year 4 & 5 classes

Mindfulness for Adults - based on the .b course (6 sessions), (2x) NIST, Thai Staff

Introduction Workshop & Foundations Course (8 weeks):

- (2x) Harrows, teachers , Bangkok
- Early Learning Center, teachers, Bangkok
- ISB, parents
- Expat Adults (Sukhumvit Soi 42), Bangkok
- (2x) NIST, teachers

Introduction to Mindfulness Workshop for Teenagers, Harrows, Bangkok

Mindful Schools Curriculum for Children (6 sessions):

- Early Learning Center, worked in a variety of classrooms

MBSR Course (8 weeks):

- ISB, educators
- (2x) NIST, teachers and parents
- Natural Place, parents

Private and Mindfulness Courses for Children & Teens, downtown home visits and Nichada (ISB)

Retreats:

- ISB's Passion Day Teen Retreat, 11<sup>th</sup> and 12<sup>th</sup> Graders at Ariyasom
- (2x) MBSR mini-retreat at Suananda

MiSP assistant in Paws.b Teacher Training, Phuket International Academy Day School (PIADS), Phuket

## 2014

Private and Small Group Mindfulness Courses for Children & Teens, downtown Bangkok home visits and at NIST and Nichada (ISB)

Introduction to Mindfulness Workshop, NIST, parents,

Mindful Schools Curriculum Course (8 sessions), NIST, Year 2, Year 3, and Year 4 classrooms

Paws.b Course (6 sessions), NIST, Year 3 & 5 classrooms

Introduction Workshop & Foundations Course (8 weeks), ISB teachers (piloted with teaching buddies Jackie and Matt Greenwood)

## 2013

Private and Small Group Mindfulness Courses for Children and Teens:

- Downtown Bangkok & Nichada
- NIST, private sessions with individual students

Introduction Workshop & Mindfulness for Educators Course (6 sessions), NIST

Introduction Workshop, Pilates Studio, adult expats, Bangkok

Mindful Schools Curriculum Course (6-10 sessions):

- NIST, Year 4 classrooms
- ISB, 3<sup>rd</sup> Grade, 4<sup>th</sup> Grade, and 5<sup>th</sup> Grade classes

Introduction & Mindfulness for Parents Course (6 sessions), NIST, parents

## 2012

Private and Small Group Mindfulness Courses for Children & Teens, Nichada

Mindfulness for Educators Course (6 weeks), Nichada, ISB teachers

Mindful Schools Curriculum Course (10 sessions):

- Rose Marie's School, Year 3-4
- ISB, practicum in Mrs. Hanh's 5<sup>th</sup> Grade class

## 2011

Private and Small Group Mindfulness Courses for Children & Teens, Nichada, ISB Community

*Group sizes for the courses vary from 6 to 26 participants (in bigger international schools the average is 18 participants per group). Introductory Workshop group size ranges from 10 to 100 participants.*

### **Siri's Retreat Experience (for personal growth):**

2018: 8-day silent retreat, Dipabhavan Meditation Center, Koh Samui, Thailand

2016: 6-day Ajahn Brahm's Silent Retreat, Hua Hin, Thailand

2015: Week-long Residential MBSR Advanced Teacher Training, Petaluma, CA, USA

5-day Alan Wallace Shamatha retreat, Singapore

2013: 5-Day Ethics Retreat with Plum Village, Ayutthaya, Thailand

Week-long residential retreat - Mindful Education Institute year-long program,  
CA, USA

2012: Week-long residential retreat to start Mindful Education Institute year long  
program, CA, USA

2011: 8 week Shamatha & 4 Immeasurables Retreat, Alan Wallace, Thanyapura, Phuket

2010: 5.5 Week Cultivating Emotional Balance Residential Retreat/Training,  
Thanyapura, Phuket

2008: 7-day Mind Training & Meditation Retreat, Kopan, Nepal

2004: Month long (followed by one week intensive) Lam Rim Retreat in Kopan, Nepal

1990's: many 10-day Introduction to Buddhism Retreats at Tushita Retreat Center,  
Dharmasala, India

1988: 10-day retreat at Wat Suanmikh, Thailand.

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