

Patrick Coffey began his meditation practice over 40 years ago and has taught meditation and mindfulness since 1996. He teaches throughout the United States and internationally. Pat founded *The Blue Ridge Prison Project*, which trains inmates in mindfulness at Virginia's maximum-security prison for women. He also founded the *Insight Meditation Community of Charlottesville* and co-founded *The Meditation Teacher Training Institute* with Tara Brach, Hugh Byrne and Jonathan Foust. Pat has made presentations at various education and business settings, as well as the United States Congress. Currently, Pat has partnered with Jack Kornfield and Tara Brach to offer the *Mindful Meditation Teacher Certification Program*, a two-year program that reaches out to train teachers throughout the world.

The father of two children, owner of several successful businesses, and holder of several patents, Pat uses humor and real-world examples as he teaches from the grounding of his rich life experience.

Ruth King is international insight meditation teacher, life coach, and consultant. She is a guiding teacher at Insight Meditation Community of Washington, a core teacher in the Dedicated Practitioner Program at Spirit Rock Meditation Center, and is the founder of Mindful Members Insight Meditation Community in Charlotte, NC.

In former years, Ruth worked in the private sector designing diversity awareness leadership programs and consulting with leaders on cultural change initiatives. Currently recognized as a trainer of trainers and consultant to consultants, King offers talks on *The Racial Awareness Rubik* and teaches the *Mindful of Race Training Program*, which blends mindfulness meditation principles with an exploration of our racial conditioning, its impact, and our potential.

King has a Master's degree in clinical psychology and is the author of several publications including: *Healing Rage: Women Making Inner Peace Possible*, *Soothing The Inner Flames of Rage: Meditations that Educate the heart & Transform the Mind*, *Embracing the Mad Mind: Cultivating Calm in Chaos*, *The Emotional Wisdom Cards*, and her latest publication, *Mindful of Race: Transforming Racism From The Inside Out*.

King, African American Elder and native Californian, currently resides in Charlotte, NC, with life partner, Dr. Barbara Riley, and cat, Mr. Socks. More at www.RuthKing.net.