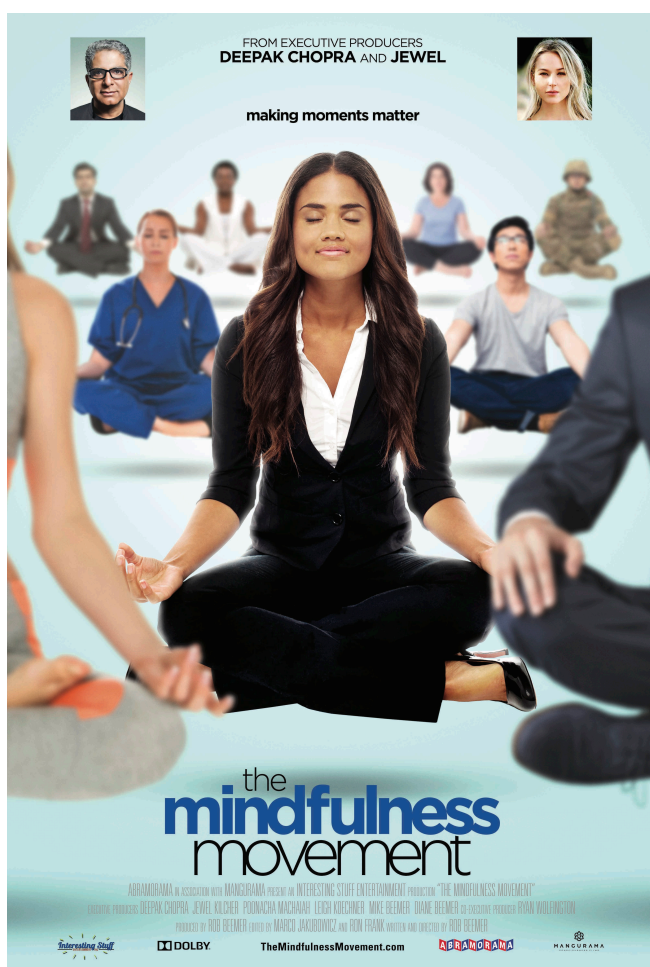




Present An



Production



Running Time: 101 minutes

TheMindfulnessMovement.com

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LOGLINE

An informative and inspirational look at the reasons why mindfulness – a simple, secular practice that anyone can do – is transforming people's lives and spreading throughout society.

SHORT SYNOPSIS

From Executive Producers Deepak Chopra and Jewel, comes *THE MINDFULNESS MOVEMENT*, a feature documentary that examines the growing number of people throughout society who believe mindfulness - a peaceful quality of attention anyone can develop by simply focusing on the present moment in a non-judgmental way – is the key to creating a healthier, happier world. For them, mindfulness is the tool anyone can use to make more moments matter in their lives and to help create a more compassionate, caring, and ethical society. Featuring interviews with Deepak Chopra, Jewel, Dan Harris, Jon Kabat-Zinn, Sharon Salzberg, George Mumford, Daniel Goleman and many more.

The film follows the emotionally compelling stories of four main characters (Jewel, Dan Harris, Sharon Salzberg and George Mumford) who reveal their personal hardships and explain how mindfulness transformed their lives. Woven between these journeys are profiles of the leaders, history and science behind the movement, as well as looks at the many places where mindfulness is already helping to improve society, including schools (from inner-cities to Harvard Business School), Fortune 500 companies, police forces, prisons, network newsrooms, neuroscience laboratories, therapist offices, sports teams, military veterans groups and the health care industry. This documentary is even an interactive experience since viewers will have two chances to close their eyes and practice during brief guided meditations led by well-known mindfulness teachers.

Whether someone is just discovering mindfulness or has been practicing for years, they're sure to learn something new and be inspired to share the benefits of mindfulness with others as *THE MINDFULNESS MOVEMENT* continues to grow.

LONG SYNOPSIS

From Executive Producers Deepak Chopra and Jewel, comes *THE MINDFULNESS MOVEMENT*, a feature documentary that examines the growing number of people throughout society who believe mindfulness - a peaceful quality of attention anyone can develop by simply focusing on the present moment in a non-judgmental way – is the key to creating a healthier, happier world. For them, mindfulness is the tool anyone can use to make more moments matter in their lives and to help create a more compassionate, caring, and ethical society. Featuring interviews with Deepak Chopra, Jewel, Dan Harris, Jon Kabat-Zinn, Sharon Salzberg, George Mumford, Daniel Goleman and many more.

The pace of modern life seems to be accelerating every day. With addictive forms of technology at our fingertips, we're more connected to information but less connected to each other in the most meaningful ways. Distraction, stress and anxiety are at record levels. In these increasingly uncertain times, more and more people are turning to the simple, secular tool of mindfulness as their antidote.

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movement, as well as looks at the many places where mindfulness is already helping to improve society, including schools (from inner-cities to Harvard Business School), Fortune 500 companies, police forces, prisons, network newsrooms, neuroscience laboratories, therapist offices, sports teams, military veterans groups and the health care industry.

Leading teachers and authors describe how mindfulness comes in two forms: mindfulness meditation (one of many types of meditation) and a general quality of attention focused on the present moment simply known as mindfulness. Meditation is the most common way to develop and maintain the ongoing present moment awareness of mindfulness throughout the day. By focusing attention on the simple act of breathing, anyone can experience mindfulness by refocusing on the breath each time their mind wanders. In the film, the process is compared to weight training at the gym. Each time a person refocuses on their breathing they're strengthening their mental muscle for paying attention and living in the present moment.

Experts and everyday people also demonstrate many other types of present moment awareness exercises like silently savoring each bite of food during mindful eating, paying attention to every step in order to walk mindfully, and engaging in mindful listening by paying attention to what another person is saying solely for understanding instead of thinking of a reply. These simple exercises allow anyone to build the ongoing mindful quality of attention throughout the day.

The leaders of *THE MINDFULNESS MOVEMENT* will also reveal the growing body of scientific evidence supporting the benefits of mindfulness. Neuroscientists have discovered that a daily mindfulness practice can begin to physically rewire and restructure your brain in as little as two weeks. It has also been shown to lower stress, anxiety and blood pressure, while boosting the immune system and increasing focus and contentment.

Audiences will discover how mindfulness can improve themselves, their relationships, their communities and the entire world for the better. This documentary is even an interactive experience since viewers will have two chances to close their eyes and practice during brief guided meditations led by well-known mindfulness teachers.

Whether someone is just discovering mindfulness or has been practicing for years, they're sure to learn something new and be inspired to share the benefits of mindfulness with others as *THE MINDFULNESS MOVEMENT* continues to grow.

FEATURED JOURNEYS

Long before **JEWEL KILCHER** became a multi-platinum recording artist, her mom left the family when Jewel was 8 years old and then she ran away from her remote home in the Alaskan wilderness at 15 to escape her abusive father. She eventually made her way to San Diego and by the time she was 18 Jewel says, "I was homeless and going to end up in jail or dead." While suffering from panic attacks, and without knowing anything about mindfulness, Jewel created her own present moment awareness exercises, like paying attention to everything that her hands did throughout the day. She found those exercises lowered her stress and enabled her to avoid self-defeating thoughts. It's fitting that one of her first hit songs after being discovered by a music producer while performing in a coffee shop was "Hands." Now, Jewel uses mindfulness to help at-risk teens in Las Vegas through her "Jewel Never Broken" program at the Inspiring Children Foundation and shares her mindfulness techniques for free at her JewelNeverBroken.com website.

ABC News anchor and Good Morning America host **DAN HARRIS** had a panic attack on live TV after spending years reporting from war zones and then self-medicating drugs like cocaine and Ecstasy. Initially a strong skeptic of meditation, he was surprised to find that it was the one treatment that most helped him get his life back on track. The secular nature and scientific backing of mindfulness helped him get over his preconceived notions that meditation was only for hippies. He had also worried he'd lose his edge at work if he became too relaxed but instead found his productivity rose since mindfulness increased his focus. The self-proclaimed "fidgety skeptic" even became an advocate. He shared his experiences in his best-selling book "10% Happier," which also became a website and app, and went on a coast-to-coast "10% Happier" tour designed to help people start or develop more consistent meditation practices.

GEORGE MUMFORD briefly played basketball in college with future hall-of-famer Julius "Dr. J" Irving. But George's basketball career came to an end after suffering an injury during his Freshman year. Without basketball in his life he was lost and became addicted to the pain-killers he was given for his injury and eventually to heroin. For a few years he managed to lead a double life as a heroin addict and financial analyst until a life-threatening infection forced him into detox where he discovered meditation and mindfulness. He eventually became a teacher and after Jon Kabat-Zinn (the godfather of secular mindfulness) introduced him to NBA coach Phil Jackson, George was hired to teach mindfulness to the Chicago Bulls, including Michael Jordan, and eventually the Los Angeles Lakers, including Shaquille O'Neal and Kobe Bryant. Now, as George likes to say, he teaches mindfulness "from locker room to board room, and from Yale to jail."

SHARON SALZBERG's childhood was filled with chaos and tragedy. Her parents divorced when she was 4 years old, her mother died when she was 9 and her father overdosed on sleeping pills when she was 11 and spent the rest of his life in mental hospitals. In college, Sharon took an Asian philosophy class simply because it was convenient to her schedule. Little did she know the class would change her life. She discovered meditation, went to India for an independent study project, became a meditation teacher and eventually co-founded the first retreat center in the West run by Westerners, the Insight Meditation Society. Today, she's a best-selling author and continues to teach mindfulness and a related practice known as loving-kindness.

ADDITIONAL EXPERTS (partial list)

JON KABAT-ZINN Sometimes referred to as the godfather of secular mindfulness, he is the founder of the Center for Mindfulness at UMass Medical School and author of many books including "Mindfulness for Beginners." Jon pioneered the use of secular mindfulness in hospitals with his Mindfulness Based Stress Reduction (MBSR) program.

DANIEL GOLEMAN Psychologist and author of many books including the paradigm-shifting "Emotional Intelligence" which introduced the idea that intelligence was more than IQ. He is the co-author of "Altered Traits," an examination of the scientific benefits of mindfulness and meditation.

RICHARD DAVIDSON Neuroscientist and Founder of The Center For Healthy Minds at University of Wisconsin-Madison. He co-authored "Altered Traits" with Daniel Goleman. The Dalai Lama tasked Richard with taking meditation and mindfulness out of their spiritual context and subjecting them to scientific analysis.

DIANA WINSTON Director of Mindfulness Education at UCLA's Mindful Awareness Research Center and the co-author of "Fully Present: the Science, Art and Practice of Mindfulness." She has been teaching mindfulness since 1999.

TIM RYAN U.S. Congressman from Ohio, 2020 presidential candidate and author of "A Mindful Nation." Tim has been a strong advocate of mindfulness ever since attending a retreat in 2008 and has helped secure government funding for mindfulness programs. He was raised Catholic and relieved to discover that he could keep his faith while practicing secular mindfulness.

JUD BREWER Director of Research and Innovation at the Mindfulness Center at the School of Medicine at Brown University. Jud's research focuses on the use of mindfulness to break addictive habits. He has developed mindfulness-based smoking cessation and emotional eating programs that significantly outperform more traditional programs.

ARIEL GARTEN Neuroscientist, psychotherapist and Co-founder of Interaxon, the company that makes the Muse headband system, which provides real-time feedback on the brain's activity during meditation in order to guide people to a calm state and overcome any anxiety that they're not doing it right.

BILL GEORGE Senior fellow at Harvard Business School, former Fortune 500 CEO and author of many books on authentic leadership. Bill has been meditating for more than 40 years and has taught mindfulness to students and executives in order to produce more effective and compassionate business leaders.

RICH FERNANDEZ CEO of the Search Inside Yourself Leadership Institute, former Head of Executive Education at Google where he helped develop Google's Search Inside Yourself mindfulness-based emotional intelligence course for employees. It was the first mindfulness program to be used in Silicon Valley.

DIRECTOR'S STATEMENT

Despite the rapid growth of mindfulness in recent years, this simple tool that anyone can use to improve their life still suffers from many misconceptions, and the people who practice it are still regarded by many others as hippy-dippy, New Agers. I made *THE MINDFULNESS MOVEMENT* to dispel those misconceptions since mindfulness can improve so many aspects of life, is backed by scientific research and, since it's secular, can be used in public schools, businesses, throughout the health care system and anywhere else you can imagine. For example, it's an incredibly cost-effective form of treatment for everything from anxiety and depression to high blood pressure, obesity and opioid addiction. As one of the experts in the film says, "medication or meditation, take your pick."

Mindfulness has also made an important difference in my life. I had a brief interest in Buddhism as a teenager but drifted away from it as I went to college and began working. Years later, when I was a father of two young kids and working a very stressful job producing hundreds of hours of documentaries for networks such as History and Discovery, I was losing my temper at home far too often. I saw an issue of a Buddhist magazine in a grocery store checkout line and thought that meditating might make me more bearable for my family to be around. It helped, but as the months went by I also felt like all of the terms and other information involved in Buddhism were a little overwhelming. When Mindful magazine eventually came out that felt like an even better fit for me. I liked the simplicity, the secular nature of the practice and the scientific backing.

After mindfulness helped me improve my life and my relationships, I felt it was important to use my skills as a filmmaker to share the benefits of mindfulness with as large an audience as possible. My goal was to make the most comprehensive and engaging documentary about secular mindfulness yet to be released. *THE MINDFULNESS MOVEMENT* is the result of that years long labor of love.

- Rob Beemer

FILMMAKER BIOS

ROB BEEMER (Producer, Writer, Director) an award-winning, Emmy-nominated filmmaker who has enjoyed making documentaries for more than 25 years, including feature documentaries and more than 200 hours of network and cable TV programming for networks such as History, Discovery, NatGeo, A&E, Science, Travel and more. He has been practicing mindfulness for over 10 years and is thrilled to use his filmmaking skills to create this labor of love in order to help spread the benefits of mindfulness to a global audience.

DR. DEEPAK CHOPRA, MD (Executive Producer) a pioneer in integrative medicine and personal transformation, and Board Certified in Internal Medicine, Endocrinology and Metabolism. He is one of the world's most influential thinkers and public speakers, founder of the Chopra Foundation, and has written more than 80 books translated into over 40 languages. His latest best-selling book is *Metahuman: Unleashing Your Human Potential*.

JEWEL KILCHER (Executive Producer) a singer-songwriter, actress, author, mother and advocate. She is a multi-Platinum recording artist who has earned multiple Grammy Award nominations, an American Music Award and an MTV Video Music Award among many others. She developed her own mindfulness techniques while living on the streets as a homeless teenager. She started the Never Broken Foundation and online program and has partnered with the Inspiring Children Foundation to make mindfulness and emotional intelligence tools available to everyone.

POONACHA MACHAIAH (Executive Producer) a co-founder and CEO of the Never Alone Foundation and a social entrepreneur who is applying his corporate expertise from 25 years as a business leader in Fortune 100 companies to tackling social and environmental problems, most recently through the Warrior Monk brand. He has collaborated extensively with Deepak Chopra, in their shared mission of "personal transformation and societal wellbeing." They have designed and overseen the launch of wellbeing programs in corporations and communities around the world.

LEIGH KOECHNER (Executive Producer) a parenting expert for Deepak Chopra's Global Wellbeing app, podcaster, speaker, and leader of spiritual development workshops. She has a Masters in Spiritual Psychology and is most grateful for raising five amazing children with actor David Koechner (Anchorman, The Office). She inspires others during her Messy Imperfect Life with Leigh podcast by being unapologetically who she is.

RYAN WOLFINGTON (Co-Executive Producer) an entrepreneur and philanthropist who founded the Inspiring Children Foundation. Prior to entering the non-profit world, he restructured and ran businesses in the financial, gaming and teleservices industries. He is now President of the Board of JEWEL Inc. and is honored to collaborate and work with Jewel in both business and through the Jewel Never Broken program at the Inspiring Children Foundation.

JOHN CORRY (Co-Producer) an Emmy-nominated producer best known for the groundbreaking feature documentary "Forks Over Knives." His other productions on health and nutrition include "Plant Pure Nation" and "Code Blue." John's producing credits also include Universal's hit action-comedy "The Rundown," over 200 hours of TV documentary programming, and the feature documentaries "Tattoo Nation," "The Bowden Dynasty" and "The Face of Evil: Reinhard Heydrich." His Emmy nomination came for the History special "The Last Days of WWII."

MARCO JAKUBOWICZ (Editor) an Emmy winning filmmaker who began his career as part of the last generation of editors who had the privilege of cutting on 35mm film, which continues to influence his storytelling: "The difference between cutting film and digital editing is: Today, one makes a cut and then thinks about it. In the film days, one used to think about the cut and then make it." Marco has edited numerous TV documentaries and commercials, six feature films and six feature documentaries including "A Lego Brickumentary" and "Tattoo Nation." His Emmy win was for an episode of the A&E doc series "Leah Remini: Scientology and the Aftermath."

RON FRANK (Editor) a Peabody Award winner and Emmy nominated filmmaker. He is director, producer and editor of the feature documentary "When Comedy Went to School" with Robert Klein about the astonishing array of comedians from the Catskill Mountains, featuring Jerry Lewis, Jackie Mason, Sid Caesar, & Jerry Stiller. It was released in over 60 cities in the US, Canada and Australia. In addition, Ron has produced and edited more than 100 hours of television documentaries including "The Lost JFK Tapes" for National Geographic Channel, a two hour special on the JFK assassination for which he received an Emmy nomination, and "MLK: The Assassination Tapes" for Smithsonian Channel for which he received a Peabody Award.

ABOUT INTERESTING STUFF ENTERTAINMENT

Interesting Stuff Entertainment was founded in Los Angeles by producer, writer and director Rob Beemer and producer and actor Julie Beemer. ISE has been involved in the production of many hours of television documentaries for networks such as History and Discovery, and the feature documentary "The Face of Evil: Reinhard Heydrich." Our projects aspire to create positive and progressive change in the world through interesting, inspiring, and informative documentaries.

ABOUT ABRAMORAMA & MANGURAMA

Abramorama is the preeminent global theatrical distribution and rights management partner for documentary and music films today and is recognized for the consistent high quality of its work on award winning feature films. An innovator in the focused, personalized form of film distribution and event cinema, Abramorama provides invaluable alternatives to filmmakers and content owners. An industry leader in marketing, promotion, and distribution, Abramorama continues to trail-blaze exciting new pathways for filmmakers to find their audience. Over the course of more than 15 years, Abramorama has successfully distributed and marketed hundreds of films, and recently launched its music-centric film fund focused on the global release of iconic music documentaries, alongside numerous live integrated special theatrical events. For more information visit www.abramorama.com.

Mangurama, a partnership between Abramorama and Giancarlo Canavesio's Mangusta Productions, brings films that celebrate "consciousness" to the big, medium, and small screen. Mangurama's films and episodic programs, are the next generation of mind, body, spirit documentaries, covering not only spirituality, eastern philosophy, yoga and meditation, but also economics, politics, philosophy, sexuality and other aspects of the human existence. The company distributes and invests in the completion of paradigm challenging and consciousness expanding visual content. Released and upcoming feature documentaries and episodic series include Abby Epstein and Ricki Lake's award-winning *Weed The People*, Tom Cronin and Jacqui Fifer's *The Portal*, Adam Schomer's *The Road To Dharma - Riders of The Himalayas*, Randall Wright's *Summer In The Forest*, Bruce Parry's *TAWAI – A Voice From The Forest*, Raz Degan & Appian Way's presentation *The Last Shaman*, and Tao Ruspoli's *Monogamish*. New paradigm docs on DMT, channeling indigenous wisdom, and new conscious capitalism are in various stage of development and production for release in 2019/20. For more information visit - www.mangurama.com.

MAIN CREDITS

ABRAMORAMA and MANGURAMA
present an

INTERESTING STUFF ENTERTAINMENT
production

THE MINDFULNESS MOVEMENT:
MAKING MOMENTS MATTER

Produced, Written & Directed by
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Executive Producers
DEEPAK CHOPRA
JEWEL KILCHER
POONACHA MACHAIAH
LEIGH KOECHNER
MIKE BEEMER
DIANE BEEMER

Co-Executive Producer
RYAN WOLFINGTON

Co-Producers
JULIE BEEMER
JOHN CORRY
BILL GEORGE
PENNY GEORGE
JIM RIDDET
BECKY RIDDET

Associate Producer
APHRAH BROKAW
PATRICIA HACKER
CAROLYN RANGEL
CLARISA ROMERO

Directors of Photography
WES DORMAN
DAVE GOULDING
RANDALL LOVE
MAX MILLER
DAVID SANDERS
KELSEY SMITH
MIKE STODDEN
DAVID ZAPATKA

Editors
MARCO JAKUBOWICZ
RON FRANK

Music
SPIRIT PRODUCTION MUSIC

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