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Integrating Mindfulness into Anti-Oppression Pedagogy: Social Justice in Higher Education

Beth Berila

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Drawing from mindfulness education and social justice teaching, this book explores an anti-oppressive pedagogy for university and college classrooms. Authentic classroom discussions about oppression and diversity can be difficult; a mindful approach allows students to explore their experiences with compassion and to engage in critical inquiry to confront their deeply held beliefs and value systems. This engaging book is full of practical tips for deepening learning, addressing challenging situations, and providing mindfulness practices in anti-oppression classrooms. *Integrating Mindfulness into Anti-Oppression Pedagogy* is for all higher education professionals interested in pedagogy that empowers and engages students in the complex unlearning of oppression.

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