

# Liliana M Bejarano-Cryer

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## Summary

I am licensed teacher with degree in Educational Sciences from the District University of Bogota, Colombia, graduation class of 2003. I have been an instructor of the Calmer Choice mindfulness program for children and adults in the Cape Cod area- for over 4 years. Trainings I have received from Mindful Schools: Mindfulness Fundamentals and Mindful Educator Essentials. 2015. I also received the Instructor Training from Calmer Choice, Cape Cod Massachusetts, 2016-2017, and more recently participated in the Mindfulness Based Stress Reduction program, MBSR, from the Mindfulness Center of the University of Massachusetts, 2020. During my time working with the Calmer Choice organization, I have worked with hundreds of children from different School Districts in the area, in grades k-4. and with adults during 2020-2021. I lead a weekly sitting group and recently became a mentor for new mindfulness instructors with Calmer Choice.

I am a native Spanish speaker from Colombia and have lived in the U.S for 10 years, becoming a U.S citizen in 2017. Teaching and facilitating mindfulness classes/workshops on a regular basis and sharing the techniques which increase my sense of well-being along with so many others, brings me great joy and spiritual satisfaction.

## Skills

Bi-lingual Mindfulness Instructor Spanish English

Mindfulness Instructor K-4th grades.

Mindfulness for Adults Instructor

7 years in Spanish tutoring

Simultaneous Interpreter English Spanish for A Course in Miracles conferences.

## Experience

**2020/2021** Adult Mindfulness Instructor and mentor of new instructors.

**2017-2021** Mindfulness instructor for children k-4 in Cape Cod School Districts with the Calmer Choice organization.

**2020** Mindfulness workshop for teens *Centro de Asesorias Integrales* Bogota, Colombia (online)

- 04/2019 to 06/2019** Long-term Spanish Substitute Teacher.  
Ezra H. Baker Spanish teacher k-3
- 2018 to 2020** Instructor  
Dennis Yarmouth school district Adult Education Spanish Instructor for night School.

## Education and Training

- 2003** **Bachelor of Science: Science of Education**  
**District University of Bogota** -Bogota, Colombia
- 2015-2016** **Mindful Curriculum Training** Cape Cod, MA  
**Mindful Schools-** Emeryville, CA  
Online courses: Mindfulness Fundamentals and Curriculum Training (Mindful Educator Essentials)
- 2016-2017** **Instructor: Mindful Awareness**  
**Calmer Choice-** South Yarmouth, MA  
Training for Mindful Awareness Instructor with Calmer Choice

## References Upon Request

Sincerely,

**Liliana Bejarano-Cryer**