



Founder & CEO, Aperture
Mindfulness Teacher

Husband, father, community
volunteer, Iowa Hawkeye

MBSR TEACHER PROFILE BRAD BALDWIN

Brad Baldwin is a mindfulness advocate and teacher, offering mindfulness-based interventions, including Mindfulness Based Stress Reduction (MBSR) at the University of Iowa.

Brad founded his company Aperture with the goal of making work life more easeful through the attitudinal foundations of mindfulness. At Aperture Brad teaches a mindful approach to daily living to cultivate clarity about self, style, and perspective. A life lived through mindfulness enhances authenticity and resilience and opens the door to more easeful living.

I am energized by the opportunity to share my experience, and the power of mindfulness with you. The integration of mindfulness into my daily experience has provided the joy and satisfaction of a more easeful and productive path forward in my life. I have maintained a daily mindfulness practice for more than 10 years, and at least annually attend extended silent meditation retreats, typically ranging from 7-14 days. My practice of mindfulness has been a gift that has helped me be a better leader, father, husband, and community member.

I have trained to teach mindfulness, and specifically MBSR, at the Mindfulness Center at Brown University in Providence, Rhode Island. I am a level one qualified teacher and have offered MBSR classes through the University of Iowa liveWELL program for the last two years.

About The Mindfulness Center at Brown University

Brown University is a leader in research of mindfulness-based interventions and offers a comprehensive training pathway to become a certified MBSR teacher. The program is 3-6 years in length, requiring four hundred hours of classroom instruction along with experiential practice. Training includes comprehensive coverage of domains including teacher competencies & pedagogy, the science of mindfulness, ethical considerations of mindfulness-based interventions, and Eastern contemplative wisdoms that underpin mindfulness interventions.

To learn more about The Mindfulness Center at Brown University:

[Mindfulness-Based Programs | Brown University](#)

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