

Kent Howard (MBSR-certified, Certified Health Coach) is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, and Taoist yoga. Kent lived in Taiwan for twelve years where he researched Chinese traditional medicine, Taoist and Buddhist studies, and a variety of contemplative practices. He directed international education programs at Babson College and Brandeis University and was an instructor and board member at the National College of Oriental Medicine. Kent is the author of several books and videos and has taught tai chi and mindfulness on a cable network. He also teaches Crisis Intervention Training (CIT) programs and is certified in Nonviolent Self-Defense (NSD). As an INR speaker, Kent has lectured for over 2,000 hours to more than 50,000 students and currently presents INR webinars on the topics of: Mindfulness and Stress Reduction; Mindfulness for Anxiety and Depression; Meditation and the Brain; Crisis De-Escalation; Exercise as Medicine; Exercise, Aging and the Brain; and Social Media and Mental Health.