

Mindfulness and Self-Care

with Dr. Andy Wallace

Dr. Andy Wallace has studied and practiced mindfulness meditation for over twenty years. Andy started to learn about mindfulness meditation at Spirit Rock, where he completed a three-year program of study in Buddhist meditation. Andy has attended numerous week-long meditation retreats and intensive workshops. In 2016, Andy became a certified compassion cultivation training teacher, which is based on the ancient Tibetan form of meditation, Lojong. In 2020, Andy completed the teacher training program from the UCLA Mindful Awareness Research Center. And in 2022, Andy completed the Applied Compassion Training Ambassador Program at Stanford University.

Dr. Wallace previously taught Mindfulness and Self-Care through the School of Extended and International Education from 2020 to 2022. He also has taught compassion cultivation training through SEIE.

Dr. Wallace is a professor in the philosophy department at Sonoma State University. His current area of research is altruism, compassion, and mindfulness.