

Karyn Sandelman



Karyn is the founder and principal of A Mindful Choice, which offers secular mindfulness programs in organizations, schools, and community settings.

A former leader at Freddie Mac, she has over 25 years of experience coaching teams and facilitating learning programs. From 2015 to 2017, she also managed and delivered mindfulness curricula as Director of Adult and Elementary Programs for Minds Incorporated, a nonprofit based in Washington, D.C.

A highly trained, experienced mindfulness educator, Karyn is qualified by the Center for Mindfulness at the University of Massachusetts Medical Center to teach the preeminent Mindfulness-Based Stress Reduction (MBSR) program, as well as certified by Mindful Schools. She earned her M.S. degree from Columbia University and B.S. degree from Cornell University. In sharing mindfulness with others, Karyn draws upon 20 years of personal practice, along with her passion about the positive, transformative potential mindfulness offers to all.