



Stacey Mandel

Founder, Bubbles & Flashlights



Stacey dedicates her time to sparking "mindfulness and beyond" by teaching/coaching across a diverse range of children and adults in all types of settings throughout greater Philadelphia, PA.

Stacey taught grades K-8 for 14 years in Los Angeles, Cherry Hill NJ, Camden, Philadelphia and Wayne, PA. She also spent four years at Children's Literacy Initiative as an instructional coach in the country's most "at-risk" schools. She holds a Master's degree in Social Foundations of Education, and a BFA in Dramatic Writing from NYU's Tisch School of the Arts.

Stacey takes an eclectic, truth-loyal approach to her work as she identifies best practices and interweaves them. She completed Amy's Saltzman's The Still Quiet Place Teaching Practicum, the MBSR Professional Practicum at Jefferson's Myrna Brind Center for Mindfulness, Daniel Rechtschaffen's Mindful Education Teacher Training and several Mindful Schools courses. She is certified in Trauma-Informed Care for professionals working with youth, and has trained with Transformation Yoga Project and Dr. Sam Himelstein in trauma-informed mindfulness practices. She is currently working towards certification in David Treleaven's Complete Trauma-Sensitive Mindfulness Training as well as completion of an extensive trauma training with Lakeside Global Institute.

Ongoing, Stacey is the mindfulness provider for Delaware County Advocacy & Resource Organization on a special project called ESEL to combat the school-to-prison pipeline. Stacey serves as the Southeast PA co-leader of the national non-profit COSEM: Coalition of Schools Educating Mindfully.

Stacey is a certified Wisdom of the Earth medicinal aromatherapist, and a Level 2 Reiki practitioner. She loves cooking from the garden, tennis, kickboxing, recycling random objects into art, guiding her daughter's music career, dancing and adventure!