

# **MINDFULNESS FAIR PROGRAM**

Key: Blue: Meditation Practices; Green: Talks; Red: Family Activities

## **ROOM 1**

### **10:00am Mindfulness on Breathing**

Ven. Bhante Pamaratana, Pittsburgh Buddhist Center

This session will allow you to learn basic techniques for keeping our awareness on the natural flow of the breath and benefits of such a practice in our daily life.

### **10:30am Intro to Zen Practice**

Rachel Shandor, Zen Center of Pittsburgh

Zazen meditation serves to quiet or calm the mind to experience a more balanced and harmonious way of approaching everyday activities. The mental approach is non-judgmental awareness of feelings and perceptions (mindfulness), and awareness of body and breath (peaceful abiding). Our practice is in silent stillness without guidance or music during the sitting period.

### **11:00am Pebble Practice**

Becka Wright, Falk Laboratory School

A family-friendly meditative practice inspired by Thich Nhat Hanh's work with young children. Make your own "pebble parking lot" and explore how just a few short phrases can help you relax and feel restored and refreshed!

### **11:30am Mindful Eating Workshop**

Deborah Brooks, Laughing Rivers Sangha

Mindful eating helps us bring awareness and peace to our eating. This hands-on workshop will give you a taste of how you can use these simple practices to transform your relationship with food and your body.

### **1:00pm Mindful Art: Torma Making for Kids- and Adults**

Bonnie Weiss, Olmo Ling Bon Center

Bonnie Weiss, Youth Sangha Coordinator for Olmo Ling Bon Buddhist Center will offer a program aimed at children but open to all about art as a mindful practice. It will feature a hands-on activity of making a small sculpture called a torma which is a Tibetan votive offering.

### **1:30pm Bringing Mindfulness to Inmates at the Jail**

Kathryn Pepper, Gary Crouth, Marian Webster, The Stillworkers

This program will describe work of The Stillworkers at the Allegheny County Jail supporting inmates' mindfulness practices with meditation sessions and the Path of Freedom, a mindfulness-based emotional intelligence curriculum.

### **2:00pm Tibetan Buddhist Meditation Practice**

Ven. Khenpo Choephel, Three Rivers Tibetan Cultural Center

The resident Tibetan lama at TRTCC, Ven. Khenpo Choephel, will lead a basic practice of that tradition of Buddhism.

### **2:30pm Forgiveness**

Rev. Patti Perhacs, Spiritual Director, Unity Center of Pittsburgh

Conflict, both internal and external, creates wounds that scar, negatively affecting our life. Forgiveness precedes healing. Join me in a meditation of forgiveness and release, so healing can begin. And so it is.

## **ROOM 2**

### **10:00am Family Yoga**

Leah Northrop, Falk Laboratory School

Join Leah Northrop for a fun, energetic, child-centered practice that will connect, inspire and relax. Partners or groups are encouraged! Leah is a faculty member at Falk Laboratory School on the campus of University of Pittsburgh where she teaches yoga and mindfulness to students in grades K-8, teachers and staff.

### **10:30am Walking Meditation**

Martha O'Grady, Order of Interbeing, Laughing Rivers Sangha

Walking meditation is a refreshing way to connect with the present moment, with our feelings, and with the Earth. This deep, simple practice can help you find calm, ease and freedom as you move between classes and through your daily activities.

### **11:00am Walking the Labyrinth**

Rev. Mary Lynn Callahan, East Liberty Presbyterian Church

The use of labyrinths predates Christianity; but the discovery of their having been laid into the floors of many European Cathedrals during the Middle Ages has resulted in their resurgence in popularity as a tool for contemplative walking today. Rev. Callahan will talk about their history and use, and a labyrinth will be set up for people to walk.

### **1:00pm Mindful Movement**

Kelly Battle Beck, Dept. of Rehabilitation, Science and Technology, Univ. of Pitts.

This session will consist of a mindful movement meditation, which includes gentle Hatha yoga exercises. The focus of this session will be to bring awareness to body sensations as attendees are guided through gentle stretches. Leaders will also provide adaptive stretching instructions for those that experience pain or mobility limitations.

### **1:30pm Tai Chi for Health**

Gurney Bolster, Senior Trainer, Tai Chi for Health Institute

Tai chi is a centuries old practice involving slow, fluid movements to strengthen the body, focus the mind and soothe the spirit. Known as “meditation in motion”, tai chi promotes relaxation, concentration, balance, and agility as a means of enhancing health and vitality.

### **2:00pm Right Posture, Right Insight!**

Michael Sutherland, Laughing Rivers Sangha

Michael Sutherland - Chan Bao Phap - will share a talk and guided exercise on the benefits of seeing correct posture, breath, mind and body awareness as inseparable. Ordained in the Renzai Zen tradition by Thich Nhat Hanh, Michael will demonstrate and assist participants in finding their own relaxed and dignified sitting posture and natural breath, supporting an open and discerning meditation practice.

### **2:30pm Guided Meditation in Shambhala Tradition**

Fitzhugh Shaw, Pittsburgh Shambhala Meditation Center

An introductory meditation practice and teaching in the Shambhala tradition.

## **ROOM 3**

### **10:00am Clinical Applications of Mindfulness for Adults and Children**

Gregory Thorkelson, University of Pittsburgh School of Medicine

Mindfulness practices, long the domain of multiple religious traditions in the form of meditation, have been utilized in modern medicine formally in the United States since at least the 1970s. We will briefly explore together mindfulness techniques and their practical application to clinical encounters through the eyes of an integrative child psychiatrist and "amateur" meditator.

### **10:30am Mindfulness for Stress Reduction – Paradoxes and Practical Information**

Dr. Carol Greco, UPMC Center for Integrative Medicine

This talk will provide a brief overview of the impact of mindfulness meditation on stress and health, and will describe the 8-session Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn, PhD and currently taught world-wide (including Pittsburgh!).

### **11:00am Seated Body Scan Meditation Practice**

Dr. Carol Greco, UPMC Center for Integrative Medicine

In this session, you will be guided to bring present-moment, non-judgmental, and kind attention to physical sensations in the body, from head to foot, as they arise, abide, and fade.

### **11:30am Open Discussion: How to Start and Maintain a Mindfulness Meditation Practice – or - What to Expect While Letting Go of Expectations!**

Gabe Jaffe, CMCS and Dr. Carol Greco, UPMC Center for Integrative Medicine

In this open discussion, experienced meditators and beginners will have a chance to share their tips and tools for maintaining a practice, discuss barriers and ways to meet them, and ask questions in a supportive environment.

### **1:00pm Why My Students Asked Me to Double the Time We Meditate In Class**

Jennifer Matesa, University of Pittsburgh

Meditation is not just a Dalai Lama Thing. In this talk I'll give you the science and the experience behind why my undergraduates like meditation so much that they actually ask if we can do it longer.

### **1:30pm Mindfulness: The Key to Workplace Wellness and Engagement**

Debra Messer, UPMC *LifeSolutions* EAP

Mindfulness is finally making it into the workplace! Studies reveal that many of the employee issues facing organizations today (stress, rising health care costs, engagement, distracted workers, lack of civility and empathy, poor morale, etc.) can be positively impacted by the integration of mindfulness practices into the work environment. Join us for a snapshot at what mindfulness in the workplace can look like and how it can benefit organizations, leadership, and employees.

### **2:00pm Applying Mindfulness to Building Relationships**

Shannon Wanless & Tanner Wallace, School of Education, Univ. of Pittsburgh

Did you know that the skills you need to build relationships may grow out of your mindfulness practices? In this session, learn ways that authenticity, acceptance, power-sharing, and balance can develop through mindfulness practices, and strengthen your personal and professional relationships. This session is based on *Attentional Teaching Practices (ATP)*, an approach taught in Pitt's School of Education to help future teachers learn how to build relationships with students and colleagues.

### **2:30pm Re-Membering the Dharmakaya**

George Hoguet, Laughing Rivers Sangha

Mindfulness, from the Sanskrit *smṛti*, has the root meaning of “remembrance”, or “calling to mind”. In this talk we will work together to re-member our connection to the formless beauty in Nature, the Dharmakaya, of which we are a part, a cell. This is the remembrance, in our daily living, upon which the future of all life depends.