

A Mindful Society 2018 Conference Agenda, Workshops, Pricing & Additional Details

Website: www.amindsociety.org

Agenda at a Glance

Friday May 25th, 2018 - Pre-Conference Full-Day Workshop at SickKids Hospital

Saturday May 26th, 2018 Conference: A Mindful Society 2018 at University of Toronto

Sunday May 27th, 2018 Conference: A Mindful Society 2018 at University of Toronto

Monday May 28th, 2018 Post-Conference Retreat: Day of Mindfulness at University of Toronto

Conference & Pre/Post-conference workshop Pricing

Advance Registration: Full Conference	CAD \$549.00	Full conference access May 26-27, 2018 (Advance ends April 30th, 2018)
Full-day workshop with Dr. Shauna Shapiro	CAD \$200.00	Full-day workshop with Dr. Shauna Shapiro Friday, May 25, 2018
Day of Mindfulness with Thich Nhat Hanh Monastics	CAD \$150.00	Day of Mindfulness with Thich Nhat Hanh Monastics Monday, May 28, 2018

**Further details below*

Friday May 25th, 2018 - Pre-Conference Workshop "What You Practice Grows Stronger: The Power of Mindfulness and Compassion"

Workshop with Dr. Shauna Shapiro, Clinical Psychologist, Author and Global Mindfulness Leader

Location: SickKids Hospital, 555 University Avenue, Toronto, ON

Date & Time: May 25th - 9:30am to 5:00pm

Title: "What You Practice Grows Stronger: The Power of Mindfulness and Compassion"

Description: This full-day workshop weaves together scientific research with the art of mindfulness and compassion practice to explore the frontiers of mind training in society. Mindfulness and compassion are now becoming part of the mainstream culture and have become increasingly popular in every sector of society—healthcare, education, business and government—so much so that Time magazine declared we are witnessing a “Mindful Revolution.” Together, we will explore the latest advances in science and clinical research to effectively integrate mindfulness and compassion into our professional and personal lives. Specifically, we will learn about current findings in neuroscience, which offer the hopeful message that we can shape and sculpt our brain based on repeated practice. Specific mindfulness and compassion practices will be taught as well as essential underlying themes to be integrated into daily life. The intention of this workshop is to explore the potential of mindfulness and compassion in transforming our individual and collective lives.

Learning Outcomes:

- Identify key elements of mindfulness
- Specify why self-compassion is an essential part of mindfulness
- Understand the scope of research findings regarding compassion, mindfulness and neuroscience
- Explain why shame and self-judgment can be detrimental to learning and changing harmful behaviours

Facilitator brief bio:

Shauna Shapiro, PhD, is a professor, author, and internationally recognized expert in mindfulness. With twenty years of meditation experience studying in Thailand, Nepal and the West, Dr. Shapiro brings an embodied sense of mindfulness to her scientific work. Dr. Shapiro has been invited to present her work to the King of Thailand, the Danish government, and the World Council for Psychotherapy in Beijing, China, as well as to Fortune 100 Companies including Cisco Systems, Genentech and Google. Her work has been featured in Wired magazine, USA Today, Dr. Oz, the Huffington Post, Yoga Journal, and the American Psychologist.

Saturday May 26th, 2018 Conference: A Mindful Society 2018, Chestnut Conference Centre, University of Toronto

7:30 AM - 8:45 AM	Light Breakfast & Refreshments
7:30 AM - 8:45 AM	Registration – Late registration available at Info Desk
7:30 AM - 8:30 AM	Open Practice Space – Breathing Space
8:30 AM - 9:00 AM	Guided Practice (optional) – Breathing Space
9:00 AM - 9:05 AM	Opening Statement from the Founder – Mainstage
9:05 AM - 9:15 AM	Opening ceremony – Mainstage
9:15 AM - 9:30 AM	Conference Welcome – Mainstage
9:30 AM - 10:00 AM	Guided Conversation – Mainstage
10:15 AM - 10:45 AM	Q&A with Mainstage Speakers – Breakout room
10:15 AM - 10:45 AM	Refreshments & Mindful Marketplace – The Commons Area
10:15 AM - 10:45 AM	Guided Practices – Breathing space
10:45 AM - 12:00 PM	Breakout & Practice Sessions – Breakout Rooms & Breathing Space
12:00 PM - 1:00 PM	Lunch*
1:30 PM - 2:30 PM	Shauna Shapiro Keynote – Mainstage
2:45 PM - 3:15 PM	Q&A with Keynote Speaker Dr. Shauna Shapiro – Breakout Room
2:45 PM - 3:15 PM	Community Mindfulness Walk
3:15 PM - 3:45 PM	Refreshment Break & Book Signing
3:45 PM - 5:00 PM	Breakout & Practice Sessions – Breakout Rooms & Breathing Space
5:30 PM - 7:30 PM	A Mindful Society Community Mixer & Contemplative Art Gallery

Sunday May 27th, 2018 Conference: A Mindful Society 2018, Chestnut Conference Centre, University of Toronto

7:30 AM - 8:30 AM	Open Practice Space – Breathing Space
8:00 AM - 9:00 AM	Light Breakfast & Refreshments
8:30 AM - 9:30 AM	Guided Practice (optional) – Breathing Space
9:00 AM - 9:15 AM	Opening Ceremony: Debbie Danbrook – Mainstage
9:15 AM - 10:30 AM	Guided Conversation – Mainstage
10:00 AM - 10:30 AM	Guided Practices – Breathing Space
10:00 AM - 11:00 AM	Poster Sessions & Networking
10:00 AM - 11:00 AM	Refreshment break

10:00 AM - 10:30 AM	Q&A with Mainstage Speakers – Breakout Room
11:15 AM - 12:30 PM	Breakout & Practice Sessions – Breakout Rooms & Breathing Space
12:30 PM - 2:00 PM	Lunch*
2:15 PM - 2:30 PM	Visioning & Intention Setting: Preparing for next steps – Mainstage
2:30 PM - 3:00 PM	Guided Conversation – Mainstage
3:00 PM - 4:00 PM	Culminating Panel with Guided Conversation Speakers – Mainstage
4:00 PM - 4:45 PM	Closing ceremony – Mainstage

Monday May 28th, 2018 Post-conference retreat: Day of Mindfulness with Thich Nhat Hanh Monastics at Chestnut Conference Centre, University of Toronto

Day of Mindfulness “Mini-Retreat” with Thich Nhat Hanh Monastic Sr. The Nghiem & facilitator Valerie Brown
 Location: Chestnut Conference Centre, UofT, 89 Chestnut St, Toronto, ON Canada

Overview: Join us for a mini-retreat led by Sister Thệ Nghiêm and Valerie Brown (monastic and lay practitioners in the tradition of Thich Nhat Hanh). This day is an opportunity to experience a retreat in an urban setting with a focus on deepening personal practice and building community. This retreat will be in the style of Engaged Mindfulness (not fully silent) with a combination of guided meditation and deep relaxation practice, presentation, and discussion.

Intentions:

- Cultivate your personal practice
- Engage with community
- Slow down in the urban setting
- Experience self-reflection & contemplation

Facilitator Brief Bio:

[Sr. True Vow \(Chân Thệ Nghiêm\)](#) is disciple of Nobel Peace Prize Nominee, Scholar and Zen master Thích Nhất Hạnh and was ordained in Plum Village, France in 1999. Her interest is to help make the practices, teachings, and psychology of the Dharma more accessible to others and merging Buddhist psychology and its connection with Western psychology to help people heal and touch their fullest potential.

[Valerie Brown](#) is an international retreat leader, writer, speaker, accredited leadership coach, and Principal of Lead Smart Coaching, LLC, specializing in application and integration of mindfulness and leadership. She has studied and practiced mindfulness in the Plum Village tradition since 1995 and was ordained in the Order of Interbeing by Thich Nhat Hanh in 2003.

Mainstage Presentations and Keynotes

*NOTE * All conference registrars will attend Mainstage Presentations and Keynotes over the 2 day conference accumulating 3 hours of attendance.*

This series of presentations will cover an array of topics focused on the application and integration of mindfulness into healthcare, education and organizational settings. Leading speakers within the field have been curated to provide secular and evidence-based depictions of pragmatic illustrations of how neuroscience, leading advancements and integrations of applied psychology and the practice of mindfulness can be utilized in furthering human flourishing and in supporting mental health initiatives.

Learning Objectives:

- Describe what mindfulness is and the practices that support it
- Experience secular mindfulness-based practices
- Understand how mindfulness may be applied to your professional setting and clientele
- Identify challenges and considerations in applying mindfulness
- Articulate research-based advancements in mindfulness

Maintage Presenters:

Dr. Shauna Shapiro, PHD - Moderating

Professor, author, and internationally recognized expert in mindfulness.

<https://amindfulsociety.org/speaker-lineup/shauna-shapiro/>

Dr. Jim Doty, MD - Moderating

Director and Founder, CCARE. Clinical Professor of Neurosurgery, Stanford University

<https://amindfulsociety.org/speaker-lineup/james-doty/>

Additional Speakers/Panelists for Guided Conversations

<https://amindfulsociety.org/speakers/>

Elli Weisbaum, BFA, MES - Moderating

Conference Director, A Mindful Society

<https://amindfulsociety.org/speaker-lineup/elli-weisbaum/>

Michael Apollo, RP - Moderating

Founder, A Mindful Society Conference

<https://amindfulsociety.org/speaker-lineup/michael-apollo/>

Sr. Thệ Nghiêm

Monastic Sister, Blue Cliff Monastery

<https://amindfulsociety.org/speaker-lineup/sister-the-nghiem/>

Valerie Brown

JD, MA, PCC

<https://amindfulsociety.org/speaker-lineup/valerie-brown/>

Tita Angangco

Co-Founder, Centre for Mindfulness Studies

<https://amindfulsociety.org/speaker-lineup/tita-ang-angco/>

Peter Weng

Chief Business Officer, Search Inside Yourself Leadership Institute

<https://amindfulsociety.org/speaker-lineup/peter-weng-2/>

Geshe Thubten Samdup

Gomde Lharampa

<https://amindfulsociety.org/speaker-lineup/geshe-thubten-samdup/>

Breakout Sessions & Practice Sessions:

All conference attendees have a choice to choose from 31 breakout session and practice sessions accumulating 5 hours of attendance..

Learning Objectives

- Obtain direct, personal experience of mindfulness practice and learn how it applies to both professional and personal practice.
- Discuss current information regarding mindfulness and brain science through research and practice.
- Engage in a variety of mindfulness-based programs through experiential techniques for participants to use in their work with clients.
- Develop skills to utilize a variety of adapted mindfulness-based interventions

Agenda: <https://amindsociety.org/2018-agenda/>

Under each day there is a listing of **Breakout Sessions (25)** and **Practices (9)** with full descriptions, Learning outcomes and Bio's.

All attendees will chose which Breakout/Practice Session on their own with the assistance of an online app (paper copies will be made available at the conference).

Other **Guided Practices, Q & A's, and Poster Sessions** are offered to further enhance knowledge and experience

Saturday AM - 11:00 AM - 12:00 PM	DAY/TIME	Presenters	Description

<p>The Rapidly-Changing Face of Applied Mindfulness</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Barry Boyce</p>	<p>Mr. Boyce will present with slides and a chalk talk his understanding of the current state of the applied mindfulness movement (momentum really, since movement implies something with leaders and a single, unified vision; "the mindfulness momentum" is much more chaotic and emergent than the word "movement" would imply). This will be an update on Mr. Boyce's presentation from two years ago at A Mindful Society.</p> <p>Learning outcomes: 1) Learn why it is important to distinguish secular, spiritual, and religious applications of mindfulness; 2) Obtain a clear picture of the state of research into mindfulness and how to obtain more information about it; 3) Gain sensitivity in how to frame mindfulness and speak and write about it for diverse audiences; 4) Assess the pro's and con's of simplistic scientific models of how contemplative practices work; 5) Appreciate how important it is to be inclusive in every conceivable dimension (ethnicity, class, physical ability, age, religious orientation, etc) in presenting mindfulness, and learn skills for doing that.</p>
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Transformative
Mindfulness Methods:
A Framework for
Healing

Saturday 10:45 AM -
12:00 PM

Dekyi-Lee
Oldershaw,
Craig Mackie,
Shelley Urlando

Broaden your perspective on the field of mindfulness to explore how a deepening adaptation of mindfulness can be used to heal challenging and complex physical and mental health cases for all ages ranging from stress, chronic pain, cancer, heart problems, brain injuries, migraines, trauma, intergenerational trauma, anxiety, grief and depression. This workshop will give participants a direct experience of Transformative Mindfulness Methods (TMM) developed by Dekyi-Lee Oldershaw over the past 30 years. They embody a universally accessible experiential healing approach found in Tibetan Buddhism that enable the practitioner to encounter suffering with the most compassion and clarity possible and then actualize a change in relationship to how this suffering is experienced physically, psychologically and spiritually. Rather than focus on symptom regulation and mind stabilization, this approach is a direct and often surprisingly profound way to transform painful situations. This modality uses receptive visualization, rather than directive, along with a specific inquiry process in order to uncover a clear picture of the suffering. TMM also develops and strengthens a relationship with one's deepest connection to a kind and wise self which influences a graceful transformation. As a result, attachment, aversion or avoidance that perpetuate someone's suffering can be gradually alleviated naturally.

Learning outcomes: *Deepen their understanding of mindfulness and its potential applications
*Examine a healing approach to mindfulness *Experience a new modality of mindfulness through Transformative Mindfulness Methods that takes mindfulness a step deeper for healing
*Experience a somatic/embodied approach to mindfulness that uses multiple expressive modalities (visual/graphic, words, sound, numerical) to access a clear view of suffering and its potential to change *Learn about an approach that can be effective with complex populations including indigenous peoples of Canada who have experienced intergenerational trauma *Leave with their own transformative experience.

<p>Touring and Building Mindfulness Intentional Communities Around the World</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>David Viafora, Vanessa Loucky</p>	<p>3 Continents 9 Countries 14 Intentional Mindfulness Communities 100's of Interviews 1 Tour 1 Evolving Practice</p> <p>Over the course of 12 months, we visited over a dozen intentional mindfulness communities in North America, Europe, and Oceania, documenting their strengths, aspirations, experiences, and edges of growth. Intentional mindfulness communities are places where people and families can either live or visit, and learn the art of mindful living together in a supportive atmosphere. We document the different models that these communities have adopted to integrate mindfulness practice into their daily lives, whether they live in urban or rural environments. A set of questions guided us in our exploration of these communities around the world: How were they envisioned and created? Can residents thrive in their lives of practice together? As a community, what training and support are they able to offer to others? What is the glue that holds members and residents together? How do mindfulness practices evolve and unfold authentically in the context of regional and community cultural needs? And how do they truly practice mindfulness in the face of inevitable adversities which arise in community? These are the questions we will have explored over the last 12 months and which hundreds of practitioners in over a dozen communities have helped to answer.</p> <p>Furthermore, we will share our experiences of co-creating and facilitating a mindful living community ourselves for four months with over a dozen other young adults in Athens, Greece. We will explain the strengths that such a community can have upon the lives of its residents and the surrounding community, namely NGOs that we were partnering with to both deliver material support to refugees, as well as mindfulness practice to volunteer staff. Most importantly, we will share how certain mindfulness practices evolved and blossomed in the context of communal living, and which may be incorporated into the lives of families and communities.</p> <p>Learning outcomes: practical application focused (ex. a specific program, organization or initiative or hands on activity)</p>
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Humanity Meditation Workshop

Saturday 10:45 AM - 12:00 PM

Jil Amadio,
Heather
Alinsangan, Erin
MacPherson

Meditation is a powerful path for both personal and collective transformation. In this Humanity Meditation workshop we will explore a practice that is central in uplifting the both the human spirit and societal potential. We will explore how the discovery of our personal humanity directly opens the door to a good human society. We all experience thoughts or feelings of inadequacy, a nagging sense that we're just not good enough. This atmosphere of self-judgment can build until there's a palpable tension in our life. Dissatisfaction devours our time and energy, and life becomes a chore. By letting go of the struggle to be something "better," we can begin to make space for our inherently intelligent, compassionate, and strong nature - our humanity. In this experiential exploration of Humanity Meditation, the Shambhala principle of basic goodness - that we are all, at the core, worthy and complete - will be put to the test. This principle is a journey in making friends with who we are and drawing out our inherent fearlessness. Join us in this exploration of what it means to be human and how that discovery engenders compassion and ultimately changes the world.

Learning outcomes: • Experience meditation as a transformational tool for society • Discover how our view of humanity's true nature is critical to our impact in the world • Question our beliefs about personal and societal nature and how these beliefs influences action, that either leads to betterment of society through compassionate action, or further damages society through fear based action • Address the personal and social challenges faced by mindfulness practitioners to engage, in a way that is of benefit, as we ourselves progress along our personal journey of self awareness • Developing an inquisitive relationship with ourselves and reality • Experience personal perception and conceptual constructs • Discussing the shift from self to other and in turn to society • Explore assumptions about helping • Strengthen the energy and motivation to benefit our world • Practice meeting personal and societal suffering, with gentleness and an open heart, which sharpens intelligence and illuminates next steps • Re-awaken wonder

Mindful Architecture:
The conscious creation
process of future living
spaces

Saturday 10:45 AM -
12:00 PM

Priscilla Cruz ;
To Phuong Ho

“We shape our buildings and afterwards our buildings shape us,” mused Winston Churchill in early 1943. “We now know, for example, that buildings and cities can affect our mood and well-being, and that specialized cells in the hippocampal region of our brains are attuned to the geometry and arrangement of the spaces we inhabit” (Michael Bond, BBC News, 6 June 2017). As more of us flock to urban living, city designers are re-thinking buildings’ influence on our moods in an era of “neuro-architecture”. In this general perspective of consciousness, The Mindful Architecture Initiative was created to transform the approach to the profession that needs novel methods of observation, drivers for design, methodologies for the production of space, and changes in policy and governance. Starting from a human-centered and holistic awareness, and focusing on the understanding of how mindfulness is essential for the creation process of new living spaces that contain the being with fundamentals, often neglected by modernity, the initiative aims to propose training solution sets that develop conscious skills for workers in architecture industry. Designed with a highly practical approach, the suggested programs seek to redirect architects’ focus back to the human (body and mind) and invite them to activate the senses in space, to pay attention to cognitive effects of their design, to nurture the consciousness in creative process and to reverse all the project management routines. “Architecture can contribute to well-being as a form of therapy by evoking contemplative states and heightened internal and external awareness through mindfulness” (Benjamin Daniel Fisher, 2015)

Learning outcomes:- Learn to integrate mindfulness skills during the design process and the project development for professionals in architecture industry - Learn of how to have emerged new methods of observation and design, new methodologies for the production of living space, and changes in policy and governance in architecture industry - Learn how to raise the concept of mindful and conscious architecture to the industry and how to address to contemporary professionals in a transformative perspective - Contribute to bring together architects, designers, engineers, neuroscientists and psychologists, all of whom increasingly cross paths at an academic level, but still rarely in practice. - Build a much better idea of the kind of urban environments that people like or find stimulating which will shape the architecture of future

<p>Making Mindfulness Stick with Kids, Teens and Families</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Christopher Willard</p>	<p>So many of us know the value of mindfulness, but how can we really make mindfulness and compassion stick with the kids we work with? If you are looking for fun, creative and effective ways to share mindfulness with young people, this workshop will take a pragmatic approach to just that. This practical workshop will focus on adapting mindfulness for individuals and groups of differing developmental and diagnostic backgrounds. Special emphasis will be placed on getting young people engaged in practice in their daily lives. We will also explore the importance of our own practice, deepening our own mindful self-care as caregivers. We will explore the best wisdom and research for supporting a mindfulness practice by examining all angles, including creating a community of support around the kids. We will also examine best practicing for sharing practices together as well as encouraging independent practice outside of our time together. Mindfulness is more than just breathing, and so is this workshop. Participants should be prepared for an interactive workshop adapting and practicing a variety of mindfulness exercises using senses, visualization, movement, games, and more that can be practiced by professionals and kids of all levels of experience. ·</p> <p>Learning outcomes: Practice and adapt exercises for a range of diagnostic, developmental, cognitive populations. · Identify a range of effective “buy-in” strategies to inspire practicing mindfulness in the real world. · Recognize resistance as a roadmap rather than a roadblock to practice.</p>
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Mindful Moments

Saturday 10:45 AM -
12:00 PM

Jill Cressey,
Melissa
Campagnolo,
Benda Toner

Practicing mindfulness meditation increases relaxation, resiliency, and focus. The U of T Mindful Moments program is a collaborative partnership offering drop-in mindfulness meditation classes across campus (<https://www.studentlife.utoronto.ca/hwc/mindful-moments>). The Mindful Moments instructors complete their mindfulness training and certificate through the U of T School of Continuing Studies with the courses taking place at the Factor-Inwentash Faculty of Social Work. Drop-in mindfulness classes are offered at a variety of locations including the Multi-Faith Centre, Faculty of Kinesiology & Physical Education Athletic Centre and Goldring Centre, Grad Room, St. Hilda's College, Victoria College, Galbraith Building, Dentistry & Rehabilitation Sciences, Hart House Chapel, New College, Leslie Dan Faculty of Pharmacy, and Faculty of Information Services. In this Mindful Moments workshop, you will have the opportunity to experience a Mindful Moments group practice that includes a body scan, mindfulness meditation techniques, breath awareness exercises, and mindful movement/yoga. Enjoy this experiential workshop and feel calm, connected, and centered! ·

Learning outcomes: Experience relaxation, resiliency, and focus. Be more calm, confident and centered.

Posture Lab
Presentation

Saturday 10:45 AM -
12:00 PM

Julie Jarvis

Many people do not know how to sit comfortably to meditate, and because they are uncomfortable, they begin to believe they can't meditate. In this workshop, Julie Jarvis, founder of REALthings, will share the transformative benefits of different postures and sitting styles. Geared for meditation teachers and practitioners, participants will learn everything they need to know to effectively guide others (their students/clients) on how to sit naturally and comfortably on floor cushions or in a chair to meditate. This Posture Lab will include a Group Sitting Fitting, followed by a Meditation and group exchange. Sitting flat on the floor is very difficult for most people because our hips and knees are not flexible enough. All participants will get to try different postures and cushions to understand the correct use of props and how they can transform your meditation experience. They will also learn about the key challenges and barriers to sitting comfortably.

Learning outcomes: • Learn to sit straight naturally • Experience the pleasure of a group meditating with ease • Remember how good it feels to connect with your body • Walk away with a Toolkit of tips to help others sit and meditate successfully

<p>Mindful eating for a mindful life</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Susan Wnuk, Chau Du</p>	<p>Learn the principles of mindfulness as they relate to eating in this experiential workshop. You will be led through mindfulness practices including mindful awareness of your breath and body and mindful eating practice. We will summarize the theoretical and research foundations of mindful eating and how mindful eating principles and practice can be applied to a wide variety of eating and body image concerns. You will have the opportunity to share your experience with mindful eating with other workshop participants and the facilitators and to engage in a discussion about challenges to mindful eating practice. We will review practical steps for incorporating mindful eating into life and discuss how mindful eating can be a gateway to a more mindful life.</p> <p>Learning outcomes: 1. Engage in mindfulness practices including breath and body awareness and mindful eating practice 2. Develop better awareness of the relationship between thoughts, feelings and bodily sensations associated with eating 3. Identify ways to incorporate mindful eating practices into daily life</p>
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<p>Mindfulness in Large Organizations</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Peter Weng</p>	<p>This session will review lessons learned from implementing mindfulness programs in large organizations. The Search Inside Yourself program was developed at Google and has now been delivered to companies and organizations around the world. Discussion will include examining components for success and considerations for long-term development of mindfulness programs in large organizations.</p> <p>Learning outcomes: Recommendations on mindfulness program implementation including short-term immediate steps and longer-term programs.</p>
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Use routine feedback to become a more effective mindful therapist

Saturday 3:45 PM - 5:00 PM

Paul Kelly

There is good evidence that MBCT and MBSR can be effective for a broad range of clinical problems. It is also reasonable to conclude that mindful psychotherapy techniques, in individual sessions, can be beneficial. The psychotherapy research literature confirms that some therapists are more effective than others, even if they are using the same treatment protocols or techniques. Who the therapist is accounts for up to nine times more the variation in outcome than is accounted for by the type of therapy. The research also tells us that most psychotherapists overestimate how effective they are. If you routinely measure patient progress, then you can determine how effective you currently are as a mindful therapist. You can also use these patient ratings to become more effective and to reduce the risk of patient dropout. At The Mindfulness Clinic we routinely measure patient progress. We have patient ratings from more than 26,000 therapy sessions. This workshop will teach you how to use simple measures for monitoring patient progress so you can become a more effective mindful therapist. I will give lots of clinical examples from individual mindful psychotherapy cases and from MBCT cases.

Learning outcomes: Learn to become a more effective mindful therapist

Mind, Breath and Heart: The Application of Mindfulness in Kathak (North Indian Classical) Dance

Saturday 3:45 PM - 5:00 PM

Sucheta Heble; Mihaela Dirlea

This presentation will highlight mindfulness practice in the context of the North Indian Classical dance style of Kathak. From the moment the dancer steps on to the dance floor, she/he becomes enveloped into a personal mindful self-discovery. This starts from the quiet and contemplative moment the dancer puts on bells, and continues with Pranam, the acknowledgment and consecration of the dance space.

Kathak can be viewed as a form of attentional practice, in which the dancer is holistically aware of multiple aspects of the dance, music and emotional quality of the performance and is able to intentionally zone in to one aspect at a time. The dancer must be mindful of the underlying rhythmical cycle, the language of the dance, the body in motion, and her/his personal dance space. The dancer is rooted in the present moment, while skillfully demonstrating rhythm, subtlety and grace, executed in body, facial movements, vocal recitation and intricate footwork.

In this interactive workshop, we will use the seven attitudes of mindfulness (Kabat-Zinn, 2004) to expose the common threads that underpin the two practices, and illustrate how the skills gained in practicing Kathak dance are akin to those of formal Mindfulness Meditation.

Learning Outcomes: • Describe and define the key mindful elements of Kathak (Indian Classical) dance • Learn how the seven attitudes of mindfulness are applied within Kathak practice

<p>Integrating Applied Mindfulness within Educational Systems and Curriculum</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Brenda B. Toner, Airrow Toner</p>	<p>This workshop will provide an opportunity to explore how we can further develop, integrate and change our educational organizations to embrace the practices of mindfulness with curiosity and openness. As a successful example of integrating mindfulness within education, this workshop will describe Undergraduate and Graduate courses developed, taught and evaluated at the University of Toronto. Student evaluations and feedback displayed a range of 4.5 – 5 on a 5-point scale. In addition to the rating scales, feedback from students expressed themes around class environment, community, safety, ability to approach mindfulness from various lenses, and the embodied practice of the instructor. Workshop participants will have a chance to practice a sampling of Mindfulness practices that were offered in these courses. We hope that this workshop will inspire personal and collective empowerment and create positive change within our education system.</p> <p>Learning outcomes: - To explore and share with others who have experience and influence within educational institutions. - To discuss the barriers and opportunities within current education systems. - To explore mindfulness approaches as a pathway of change in improving educational institutions.</p>
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<p>The Path of Service: Mindfulness in Prison</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Gary Meltzer</p>	<p>I wish to introduce individuals to the benefits which result from making oneself available through volunteering with vulnerable communities such as those who have been incarcerated. Learning how serving these individuals is greatly enhanced by a committed mindfulness practice and experiencing how the benefits that result are not reserved for those whom you serve, but more so for the ones who are willing to do this work of the heart.</p> <p>Learning outcomes: developing trust with those who have been incarcerated, experiencing how a background in mindfulness is an asset, identify and assist at risk, underseved and vulnerable individuals and groups, experiencing how a willingness to serve can add meaning and purpose tonour lives</p>
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<p>Using Guided Imagery to Cultivate Self-Awareness</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Heidi Bornstein & Stephen Chadwick</p>	<p>This workshop will explore using the guided imagery of sitting on top of a great mountain, far above everything, where great distances can be seen in all directions and using this great vision, to see your life..... From this reflective practice, using participants will have the opportunity to explore creating their own Life Scape, using a variety of art supplies.</p> <p>Learning outcomes: - Cultivate self-awareness / - develop creativity / - explore using artistic expression</p>
<p>Conscious Leadership: Living the Mission and Inspiring our Communities</p>	<p>Saturday 3:45 PM - 5:00 PM</p>	<p>Andrew Dunn Gabi Jubran Ali Maresh Olga Valentin Kunal Gupta</p>	<p>How Can We Achieve A Balanced Relationship With Technology? Join A Panel Discussion On The Mechanics Of The Attention Economy, Its Impact On Society And The Human Condition, And What The Future Of Human Centered Design Looks Like.</p> <p>Learning outcomes: Learn About Digital Wellness Tips And Tricks To Give You More Control Over How You Spend Your Attention And Set A Positive Example For Your Family, Colleagues And Community.</p>

<p>Sunday AM - 11:00 AM - 12:00 PM</p>			
<p>The Mindfulness Curriculum for Undergraduate Medical Education at the University of Ottawa</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Millaray Sanchez-Campos, Heather MacClean, Carol Gonsalves</p>	<p>Exploring best practices for teaching and learning in medical education: Medical students' perceptions of a mindfulness intervention to promote personal and professional wellbeing</p> <p>Learning outcomes: * Describe the longitudinal mindfulness curriculum at the Faculty of Medicine, at the University of Ottawa * Evaluate the research data of the intervention (qualitative and quantitative research)</p>

<p>From Mindfulness to Contemplative Arts Psychotherapy: The Mandala Method</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Emma Ates</p>	<p>Since few decades we have witnessed many research and applications of mindfulness-based interventions (MBIs) and how it benefits different population. However, in the Buddhist tradition it is said that there are over 84,000 meditation practices existing. There are a lot more contemplative practices that could be integrated to improve mental health and well-being in our society. Contemplative Arts are forms of meditation that are a continuum of mindfulness and awareness meditation practices. In this workshop you will learn about the Contemplative Arts Psychotherapy (CAPT) framework - that encompasses different models of intervention - that have been recently researched and applied in clinical and community settings. You will also practice one of the expressive visual exercise of the Contemplative Creative Therapy (CCT) model: the mandala method.</p> <p>Learning outcomes: • Develop knowledge about MBIs integration of creative art therapy (MBAT) • Develop knowledge about contemplative arts practices and its origins • Discover the Contemplative Arts Psychotherapy (CAPT) framework and its models of intervention for clinical and community settings • Experience a mandala exercise and process to look at the mind</p>
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<p>How POC scholarship inspire POC to become leaders in Shambhala</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Mabinti Dennis</p>	<p>We are part of a unique community that has taken steps to embrace diversity and provide opportunities for members of diverse racial/ethnic heritages to deepen their path and assume leadership roles in our mindfulness community. This presentation is an opportunity to share information inspire others in the mindfulness community to find ways of including People of Colour; Racialized groups, Ingenious people and other diverse groups to be included in the mindfulness community.</p> <p>Learning outcomes: practical application focused (ex. a specific program, organization or initiative or hands on activity)</p>
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<p>Zen Warriorship: A mindful, creative approach for addressing difference, power and inequity</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Indy Batth</p>	<p>“We cannot solve our problems with the same thinking we used when we created them” ~ Albert Einstein</p> <p>How can we leverage differences, creativity and personal power to create inclusion? What role do love and power play? During times of uncertainty and conflict, a community of practice that integrates transformational leadership, inclusive strategies, and building a strong power base is called for.</p> <p>Using interactive, experiential activities, participants will:</p> <ul style="list-style-type: none"> • understand various types of power and rank • apply a personal leadership model that connects mind, body and heart • practice ‘pause and respond’ rather than ‘triggered reactions’ <p>In times of conflict, power imbalances and inequities, connect with your internal Zen Warrior, take a deep breath, get grounded, feel confident, and engage your authority ... in service of a better world.</p>
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<p>Inquiry: The heart of practice</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Patricia Rockman</p>	<p>This workshop will introduce participants to Inquiry as a contemplative dialogue and relational mindfulness practice. Its underlying educational assumptions and theoretical underpinnings will be discussed. Participants will explore it experientially and will have the opportunity to reflect on personal practice using the questions of inquiry to recognize, track and generalize insights from the mindful experience. This workshop will be highly experiential. Inquiry's relevance to teaching mindfulness will be discussed. It's relevance for those who take mindfulness based programs will also be addressed.</p> <p>Participants will: 1) Explore the inquiry process as it relates to practice and teaching mindfulness 2) be able to explain the 3 layers of Inquiry and their intention 3) be able to identify helpful questions versus unhelpful questions for enhancing one's self-reflective capacity 4) Be able to explain the four foundations and three characteristics and how they relate to teaching mindfulness based programs</p>
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<p>Mindfulness Program Implementation at Elementary School Setting</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Lillian Sawtschuk, Lorraine McDonald</p>	<p>The initial implementation of the MindUp curriculum at TEAM School in Mississauga took place during the school year 2017-2018. It included the students from gr. 1-8. The reason for implementation was to explore whether this curriculum would give the students and teachers tools to better manage feelings surrounding anxiety and being stressed. In order for the teachers to be able to realistically manage this implementation, it was very important that we, the administration were respectful of time within the school schedule. As it was, there never seemed to be enough time in the day, and we knew that it would be better received if the time allotted was manageable with other subjects. We blocked off 30 minutes, once in a 6 day schedule rotation. We insisted that everyone, including specialty teachers take this time to become acquainted with the MindUp curriculum and Mindfulness in general. As the school year progressed we began to notice a shift in the school culture. We enjoyed being able to refer to elements of Mindfulness with the staff and students when trying to plan for strategies and problem solve. We saw fewer students struggle with becoming "dis" regulated.</p> <p>Learning outcomes: practical application focused (ex. a specific program, organization or initiative or hands on activity)</p>
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<p>The Mindfulness of the Body</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Lindsay McDonald, Pavla Uppal</p>	<p>Borrowing from theatre arts methodologies, we invite participants of this workshop to experience an outside-in approach, bringing attention to what the body has to say, accessing emotions and feelings that are situated in our body. This process will heighten participants' awareness of the connections between their body and their mind.</p> <p>Learning outcomes: Experience the body as an information source into our minds, our actions, and our beliefs. Access and experience 'body knowledge'. Develop more objective body insight with input from group members Experience the power of the collective and collaborative insight. Our bodies are like art: they say different things to different people, and experiencing that insight through the lens of others can be invaluable. To capture insights that came from the workshop's activities</p>
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<p>RETHiNK Compassion</p>	<p>Saturday 10:45 AM - 12:00 PM</p>	<p>Theo Koffler, Charles Hargobind, Amber McAuley</p>	<p>Join the Mindfulness Without Borders team for an interactive workshop focused on exploring your life experience in relation to compassion for self and others. Participants will be invited to sit in council and connect with one another to consider a series of self-reflective prompts, participate in a guided mindfulness practice and share personal experiences.</p> <p>Learning outcomes: *Co-create a shared learning environment *Experience a guided Equanimity Practice *Develop a deeper understanding of personal experiences of compassion * Connect with other participants through dialogue and reflection</p>

Practice sessions			
Impermanence Meditation	12:00-12:30 Sunday		<p>The intention of this mindfulness practice is to help us acknowledge the impermanent nature of everything, including our internal and external experiences, our breath, our body, and life itself. Impermanence is the essence of life, and without it change, growth and transformation are not possible. When we recognize that the only thing constant in life is change, we can live life more fully in the present moment without any regret or fear of death, but with curiosity and appreciation.</p>

<p>The Joy of Mindful Eating</p>	<p>11:00-11:30 Saturday</p>	<p>Chau Du, Susan Wnuk</p>	<p>We would like to offer this practice during lunch time help individuals deepen their practice of mindful eating throughout their everyday lives. After everyone has obtained their lunch and taken their seats, we will recite the Five Contemplations before Eating and guide them through a silent mindful eating practice with food and a drink. This will entail a mindful check in with one's body, emotions, thoughts and hunger levels; eating slowly; assessing and savoring food using the five senses of sight, smell, sound, taste and touch; gentle investigation of their hunger, satisfaction and satiety levels throughout eating, and to honor their unique food preferences.</p>
<p>Forgiveness, Letting Go, & Dealing with Difficult Emotions through Compassion</p>	<p>4:00-4:30 Saturday</p>	<p>Rose Mina Munjee</p>	<p>Participants will be guided in an experiential practice of forgiveness and letting go, using a self compassion practice to first deal with the difficult emotions that come up in relationships with self and others. There will be a short discussion that follows, to help integrate the process by sharing experiences and for participants to ask questions.</p>

<p>The Mountain Visualization for Adults and Teens</p>	<p>11:30-12:00 Saturday</p>	<p>Heidi Bornstein & Stephen Chadwick</p>	<p>This is a practice involving guided imagery, an opportunity to actively guide a meditation with the use of all the senses. We often evoke images in nature that invite us to resonate with qualities that reflect our inner nature. It is different than mindfulness meditation that promotes focus in the mind. Guided imagery is a meditative process that uses visualization and imagination to bring awareness to the mind-body connection. In this guided meditation, we visualize ourselves as a mountain: solid, grounded, and majestic, impervious to all forms of harsh weather (thoughts & emotions). The core essence of the mountain remains calm and centered whether covered by ice or baking sunshine, whether visited by hundreds of travelers or standing alone on the darkest winter night. By becoming the mountain, we link up with its strength and stability and can use these energies to encounter each moment with mindfulness, balance, and clarity.</p>
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Nature Mindfulness	8:30-9:00 Sunday	Harold St. George	<p>Start with arrival into practice which will engage a breathing awareness through observation of the normal breath, discover the chambers of the lungs we breathe into, and explore the complete breath. After arriving we will be allowed to break out and find a “sit spotting” area where we will be given time to observe the nature that surrounds us for 10-15mins. Once the bell rings, we will reunite and share any observations. To close I will guide everyone through a full body scan relaxation technique, and close there after. This session enables people to practice meditation, and be aware of our inner functions and our external surroundings. Then by sharing we start to experience others experiences with compassion. The final full body relaxation brings our external experiences back into full awareness of our bodies with the sensation of relaxation.</p>
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<p>Mindfulness: From Striving to Thriving</p>	<p>4:30-5:00 Saturday</p>	<p>Paula Vital</p>	<p>Could begin with mindful movement that could be done sitting or standing up; will set an intention for the practice and feel this intention in the body; move into awareness of the body and a body scan; meditation on the breath with eyes slightly open and gaze down; incorporate labelling - talk, image, feel; work with a particular emotion that is present in 4 stages: notice, drop the story line, bring it into your heart with warmth, let it go on the exhale; connect with self-compassion (the warmth stage); end with the letting go - raising the gaze, connecting with the room, others, and the world at large</p>
<p>Mindfulness: Discovering the Courage to be Gentle</p>	<p>10:15-10:45am Saturday</p>	<p>Donald Eckler</p>	<p>In many ways this is a traditional meditation/mindfulness practice but the view or flavour of the practice is much less prescriptive, and more about making friends with oneself, learning to be gentle with oneself, rather than just coming back to the present moment without judgment. The whole practice of meditation can be one of creating a "cradle of loving-kindness," where we are nurtured. What's being nurtured is confidence in our own wisdom, our own good heartedness and openness.</p>

<p>Flower Watering: A Guiding Reflection of Community and Individual Well-Being</p>	<p>11:30-12:00 Sunday</p>	<p>David Viafora, Vanessa Loucky</p>	<p>While co-creating and living in an intentional mindfulness community, we have found that one root cause of both individual suffering and collective disharmony is the distorted perceptions that people may have of themselves and others in a group or family context. Mindfulness can be applied not only to our breathing, bodily sensations, and feelings, but also to the evolving perceptions we have of ourselves and others.</p>
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