

THE CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES
FOURTH ANNUAL MINDFULNESS FAIR
SATURDAY MARCH 23, 2019
"MINDFULNESS IN OUR COMMUNITY: LISTENING, LEARNING, HELPING"
SCHEDULE OF EVENTS

TIME	THE GYM GROUND FLOOR	MULTIPURPOSE ROOM GROUND FLOOR	CLASSROOM 123 MAIN FLOOR	ATRIUM UPPER FLOOR
10:00AM	RICHARD KING "PLANTING SEEDS OF MINDFULNESS WITH FIRST RESPONDERS"	RENEE PRYMUS "YOGA AND WRITING"		BETHANY McCLEAN "MIND, BODY, HEART KIDS YOGA"
10:45AM	TINA RASPANTI, LEAH NORTHROP "BUILDING COMPASSIONATE COMMUNITIES"	VEN. BHANTE PEMA "LOVING KINDNESS MEDITATION AND SOCIAL CONNECTEDNESS"		LAUREL CHIAPPETTA "CHAIR YOGA"
11:30AM	BRITNEY BRINKMAN "MINDFULNESS FOR SOCIAL CHANGE MAKERS"	DEBORAH BROOKS "MINDFUL EATING WORKSHOP"	SUZEN SHARDA SEGALL "INTRODUCTION TO JAIN MEDITATION"	GURNEY BOLSTER "MOVING INTO BALANCE: THE WAY OF TAI CHI QIGONG"
12:15PM	LUNCH BREAK	BOX LUNCHES IN CAFETERIA		
1:00PM	KEYNOTE: MICHELLE KING "FROM DYSTOPIA TO UNTOPIA: THE QUEST FOR THE BELOVED COMMUNITY"		BONNIE WEISS "CONTEMPLATIVE ART FOR FAMILIES"	
2:00PM	LISA LOPEZ LEVERS "LISTENING, LEARNING AND HEALING IN OUR COMMUNITY: TRAUMA AND THE VAGUS NERVE"	STEPHANIE ROMERO "EXPANDING OUR COMMUNITY TO INCLUDE ALL: LISTENING AS A PRACTICE"	GEORGE HOGUET "MINDFULNESS IS NOT AN INDIVIDUAL MATTER"	RICHARD GARTNER "SNOOZEFEST: PRACTICING YOGA FOR A GOOD NIGHT'S SLEEP"
2:45PM	TOM MENDITTO, PANEL "CHANGING CULTURE: MINDFUL ACTION IN RESPONSE TO OUR CITY'S TRAGEDIES"	LAYLA BANHASHEMI "FROM STRESS TO REST: SHIFTING THE BALANCE"	THOMAS HORN "MINDFULNESS AND COMPASSION: A VIRTUOUS CYCLE"	KELLY BATTLE BECK "MINDFUL MOVEMENT"

SCHEDULE OF THE MEDITATION ROOM 201 (UPPER FLOOR):

10:00AM: SKY MEDITATION CLUB

10:45AM: THREE RIVERS TIBETAN CULTURAL CENTER

11:30AM: ECKANKAR "THE SOUND OF SOUL"

12:15PM: OPEN MEDITATION PRACTICE, BASIC INSTRUCTION WITH DR. CAROL GRECO

2:00PM: EAST LIBERTY PRESBYTERIAN CHURCH

2:45PM: LAUGHING RIVERS SANGHA

LABYRINTH ON THE TERRACE ALL DAY (WEATHER PERMITTING)

FALK LABORATORY SCHOOL

4060 ALLEQUIPPA ST, PITTSBURGH PA 15213

THE UNIVERSITY OF PITTSBURGH

FOURTH ANNUAL MINDFULNESS FAIR

LIST OF INFORMATION TABLES THE CAFETERIA- GROUND FLOOR

AWAKEN PITTSBURGH
BUILDING COMPASSIONATE LEARNING COMMUNITIES
CENTER FOR CREATIVITY
CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES
EAST LIBERTY PRESBYTERIAN CHURCH
ECKANKAR
HEALTHY CHILD
LAUGHING RIVERS SANGHA
PITTSBURGH BLEEP/INSTITUTE OF NOETIC SCIENCES
PITTSBURGH BUDDHIST CENTER
PITTSBURGH SHAMBHALA MEDITATION CENTER
SKY MEDITATION CLUB
THE STILLWORKERS
THREE RIVERS TIBETAN CULTURAL CENTER
TRANSMISSION MEDITATION
UNITY CENTER OF PITTSBURGH
ZEN CENTER OF PITTSBURGH- DEEP SPRING ZEN TEMPLE

**THE INFORMATION TABLES ARE SET UP IN THE CAFETERIA ON THE GROUND FLOOR.
PLEASE VISIT THEM AND LEARN MORE ABOUT LOCAL MINDFULNESS COMMUNITIES!**

THE CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES is housed within the University of Pittsburgh's Graduate School of Public Health. Additional sponsorship is provided by the School of Medicine (Center for Integrative Medicine), the School of Health and Rehabilitation Science, the School of Education, the Falk School, and the Dietrich School of Arts and Sciences (Department of Religious Studies, the Writing Program within the Department of English and the Department of Psychology). The Center is also a member of the **Mindfulness in Education Network**. Find us online at <https://mindfulnesspitt.org>; www.facebook.com/mindfulnesspitt; contact us at mindfulnesspitt@pitt.edu; or P.O. Box 7319, Pittsburgh PA 15213.

FOURTH ANNUAL MINDFULNESS FAIR PROGRAM
THE GYM- GROUND FLOOR

10:00AM: “Planting Seeds of Mindfulness with First Responders”

Richard King, Ph.D., Director, Mindful Pittsburgh

A fifty minute introductory mindfulness workshop is part of the City of Pittsburgh's 40 hour “Crisis Intervention Training.” The CIT training prepares local police and first responders to meet the challenges presented by mental health crises during their daily service calls. This workshop is titled “Personal De-escalation” and is designed to support the officers’ own wellness as they confront the crises of their neighbors. We’ll briefly survey some “what, why, who, and how” of mindfulness practice; highlighting how to activate “The Relaxation Response” with mindfulness exercises. Like planting a seed, the hope is that a daily mindfulness practice can be envisioned, established, and cultivated by the officers.

10:45AM: “Building Compassionate Communities: It Starts With Us” Tina Raspanti, BCLC Founder, Mt. Lebanon High School; Leah Northrop, BCLC team, Falk Laboratory School

Self-compassion and self-care are necessary components of our overall well-being. Educators, parents and other caregivers spend much of their time caring for others, and so it's essential we nourish ourselves to be fully present in our work. In order to create more compassionate communities, we must begin by nurturing these skills within ourselves; when we are grounded in our own sense of care, we are able to build our capacity to extend that compassion to others

11:30AM: “Mindfulness for Social Change Makers”

Britney G. Brinkman, Ph.D., Associate Professor, Psychology, Point Park University

This session will explore the intersection of mindfulness and social justice. Participants will learn about engaged mindfulness in which contemplative practices are used intentionally to create a paradigm for social justice work that is aimed at redressing social suffering and injustice caused by structural oppression. We will also explore ways that mindfulness practices can assist social change makers in becoming ethical change agents, who engage in their own practice towards deeper self-knowledge and personal transformation, increasing the likelihood that they will make mindful and wise decisions, as well as support self-care.

**1:00PM: Keynote: “From Dystopia to Untopia: The Quest for the Beloved Community”
michelle king: learning instigator. love activist. transformer.**

“Dr. King’s Beloved Community is a global vision in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood.” (The King Center)

The Beloved Community is an aspiration inspired by Josiah Royce, popularized by King and cultivated by our elders from the past and present: Howard Thurman, Grace and James Lee Boggs, bell hooks, and so many others. The Beloved Community is not a fictional wonderland or an impossible utopia. It lives at the intersections of our collective hearts and our mindful practices of listening, learning and helping. Where is the more beautiful world our hearts imagine? Is it possible to have it right here in Pittsburgh? What would it mean for us as a community of mindful Pittsburghers to live our practice moment to moment?

2:00PM: “Listening, Learning, and *Healing* in our Community: Trauma and the Vagus Nerve”

Lisa López Levers, Ph.D., LPCC-S, LPC, CRC, NCC; Professor, Duquesne University

Community trauma affects us all, in various ways and on a variety of levels. The lingering impact of psychosocial trauma can cause physiological stress and even overwhelm the nervous system. This presentation focuses on trauma, its effect on the autonomic nervous system, and how techniques like mindfulness can help in the healing process.

2:45PM: “Changing Culture: Mindful Action in Response to Our City's Tragedies”

Tom Menditto and Panel: Liddy Barlow, Julie Newman, David Goldstein, Tricia Chirumbole, Aaron Jackendoff, and Kevin May

This amazing panel is composed of some of the key leaders and activists who mindfully took action to set the pace for a positive response to the tragedy at Tree of Life, community shootings, and acts of violence to all people in our city. These incredible, humble people gathered thousands in peaceful prayer, took to the streets during the winter to be there for others, provided space for hundreds of regional leaders to come together for change, created free holistic health clinics for those affected, and so much more. You will hear their powerful stories of mindful action, and be invited to join in, share your visions, add to the movement, take action, and be a part of this new culture of positive change.

MULTIPURPOSE ROOM- GROUND FLOOR

10:00AM: “Yoga & Writing”

Renee Prymus, English Dept., University of Pittsburgh and the Open Door Church

Yoga and writing both require us to slow down, to notice, to be mindful of the world around and within us. This session is experiential: using gentle yoga and breathing practices as our inspiration, we will have opportunities to generate and share writing.

10:45AM: “Loving-kindness Meditation and Social Connectedness”

Bhante Pamaratana, Ph.D., Chief Abbot, Pittsburgh Buddhist Center

This form of meditation enables us to cultivate our inner capacity for unconditional love, compassion, altruistic joy and equanimity. It is been proven in scientific studies that loving-kindness meditation improves feelings of social connection and positive social emotions while decreasing social distrust, biases and alienation. This presentation will cover the rationale behind this meditation, and include a session of guided practice.

11:30AM: “Mindful Eating Workshop”

Deborah Brooks, MS, RD, 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.

2:00PM: “Expanding Our Community to Include All: Listening as a Practice to Move from Polarization to Empathy” Dr. Stephanie Romero, Director, Awaken Pittsburgh

Some years ago, I attended a talk by Pema Chodron where she asked the audience to not try to help in really difficult situations and disagreements, but to just try to NOT polarize things

more than they already are. Since then, I have taken this on as a personal challenge: In situations where I am entrenched in what I believe and there is another person across from me that seems to be opposed to me, how do I not polarize things more? It seems harder and harder in our times to listen and learn from those around us who may differ or disagree with us. This workshop will explore techniques for listening from a place of empathy and compassion when we fundamentally disagree.

2:45PM: “From Stress to Rest: Shifting the Balance”

Layla Banihashemi, Ph.D., M.S., Assistant Professor, University of Pittsburgh

In this session, you will learn about the impact of stress on physiology, factors that shape our reactivity to stress and how yoga and meditation can restore physiological balance. Also, learn the most effective breathing technique for relaxation, focus and sleep - the ocean breath. We will practice ocean breathing along with gentle movements that will bring rest into your everyday moments.

CLASSROOM 123- MAIN FLOOR

11:30AM: “Introduction to Jain Meditation”

Suzen Sharda Segall, Jain Meditation International

Jain meditation has been practiced in the East for more than 2,500 years.

It is universal and attuned to modern psychology, and seeks to encourage us to overcome negativity, to erase and replace influences that have limited our potential to realize what is permanent in ourselves, and to approach the world from that central reality. Suzen, an American Jewish Jain, will introduce the guiding principals of Jainism and lead a guided mantra meditation.

1:00PM: “Contemplative Art for Families: Making a “Hand of Friendship” Hanging”

Bonnie Weiss, The School of Mindful Arts

In this session for children accompanied by adults we will explore what it means to be a good neighbor and send the energy of loving kindness to others as a mindfulness practice. We will hear a secular version of the Good Samaritan story followed by a guided meditation about Heartfeltness for all people. Each participant will then make an interpretation of a hamsa hand hanging made of aluminum, copper, and glass beads decorated with a heart to remind us to always love our neighbors and be ready to lend a helping hand to anyone in need.

2:00PM: “Mindfulness is Not an Individual Matter”

George Hogue, Order of Interbeing, Laughing Rivers Sangha

Interactive workshop and discussion: Right Mindfulness is a Way that touches not only our individual lives, but also affects the well being of our families and community. True Mindfulness is a source of cultivating Happiness, and Happiness deeply lived is our best antidote to hatred, division, isolation and fear. Happiness heals.

2:45PM: “Mindfulness and Compassion: A Virtuous Cycle”

Thomas Horn, Three Rivers Tibetan Cultural Center

Mindfulness on its own is a useful tool for understanding our inner lives and developing ourselves mentally. It also assists us in important ways to develop Compassion, which is the root of helping others and building strong communities. But as we develop Compassion we

also are developing a tool that can deepen our Mindfulness. In this way, the two principles of Mindfulness and Compassion reinforce one another, and help develop a mind that is ready to embrace the challenges inherent in helping and community building.

ATRIUM- UPPER FLOOR

10:00AM: “Mind, Body, Heart Kids Yoga”

Bethany McClean, Certified Kidding Around Yoga Instructor

Families are invited to participate in a children’s yoga class that combines music, dancing, games, and activities to help children focus their minds and stretch their bodies, all while having immense fun! Meditation, mindfulness, and pranayama (breathing) are woven into the class, which ends with a wonderful deep relaxation. Join us and start your Saturday off with smiles, laughter, and peace.

10:45AM: “Chair Yoga”

Laurel Chiappetta, Owner, Yoga U PGH

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Often offered for students with limited mobility, it is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. The student is able to warm up the body safely and perform yoga poses both seated in the chair and using it for support and stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

11:30AM: “Moving into Balance: The Way of Tai Chi Qigong”

Gurney Bolster, Senior Trainer, Tai Chi for Health Institute

Tai Chi and Qigong are ancient Chinese practices designed to enhance health and vitality. They engage body, mind and spirit through gentle, flowing movement and active stillness to release tension and restore energy. With a focus on breathing, body alignment and awareness the soothing rhythms foster relaxation, clarity and healing.

2:00PM: “Snoozefest: Practicing Yoga for a Good Night's Sleep”

Richard Gartner, Frameworks Yoga

Almost half of adults report having sleep issues. In this workshop, we'll discuss "sleep hygiene," structuring your evenings in order to fall asleep. Then Richard will guide you through a practice to coax you out of emergency mode and get you into "rest and digest" mode. This practice is all-levels.

2:45PM: “Mindful Movement”

Kelly Battle Beck, Dept. of Rehabilitation Science and Tech., University of Pittsburgh

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. Kelly will also provide adaptive stretching instructions for those that experience pain or mobility limitations.