



Contemplation by Design Summit

OCTOBER 9 - OCTOBER 16, 2022

OCTOBER 28 - NOVEMBER 2, 2022

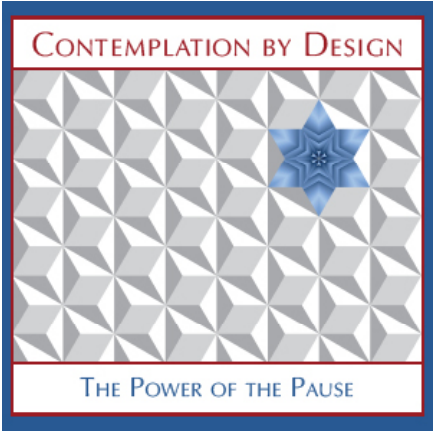
Please join us for a series of special online Stanford events celebrating

Contemplation: The Power of the Pause

Exploring Contemplative Movement as well as Contemplative Stillness Practices

contemplation.stanford.edu





ABOUT THE PROGRAM

Contemplation By Design™ Summit is a campus-wide, multidisciplinary program designed to encourage everyone to enjoy the power of the pause. Visit the website at contemplation.stanford.edu
Faculty, staff, students and members of the greater local and global Stanford community are given opportunities to connect with their deepest humanity as a way to their highest possibility.

Participants pause from their extraordinary level of productivity and innovation to experience multi-faceted, transformational learning that cultivates individual and community well-being, and supports sustainable, whole-hearted, ethical, purposeful engagement in all areas of Stanford's work related to research, teaching, learning, and service. Participants develop contemplative skills for extending the benefits of the pause, which include:

- Rest
- Revitalized mind-body-spirit
- Enriched meaning and purpose
- Authenticity
- Alignment between values and lifestyle habits
- Connection to both community and individual well-being
- A sense of being part of something larger than themselves
- Resilience and effective stress management
- Wise compassion
- Happiness
- Peace

Contemplative Practices Cultivate Calm, Clarity, Compassion, Competence and Creativity.

PROGRAM COMPONENTS

Quarterly Classes
contemplation.stanford.edu/classes

Online Learning
Videos: contemplation.stanford.edu/archives
Research Articles and Audio Files: contemplation.stanford.edu/resources

Annual Contemplation by Design™ Summit
Free events that further balance, tranquility and creative excellence are offered throughout the Stanford campuses during the annual, Contemplation by Design™ (CBD) Summit. Faculty, staff, students, alums and community members have the opportunity to enjoy research-based lectures, inspirational arts events, workshops for systematic skill-building, and experiential, quiet contemplation.

All CBD™ Summit sessions are free. If you wish to make a donation, please do so at: contemplation.stanford.edu/donate

REGISTER for the FREE CBD Summit at contemplation.standford.edu/summit

Links to the live, online Zoom Summit sessions will be sent to you in the registration confirmation email that will be sent to you after you register.

Full information about Contemplation by Design is available at: contemplation.stanford.edu/summit

2022 CONTEMPLATION BY DESIGN™ SUMMIT COLLABORATORS INCLUDE:

BeWell, Bing Concert Hall, Classics, Department of Medicine Stanford Prevention Research Center, Graduate Life Office, Graduate School of Education, Haas Center for Public Service, Health and Human Performance, Health Improvement Program, HELP Center, HealthySteps, LifeWorks, Lucile Packard Children's Hospital Chaplaincy Services, Medicine and the Muse Program, Stanford Center for Biomedical Ethics, Office of the Associate Vice Provost for Inclusion, Community and Integrative Learning, Office of the Senior Vice Provost for Undergraduate Education, Office for Religious Life, Office of Student Affairs, Psychiatry and Behavioral Science, Residential and Dining Enterprises, Stanford Arts, Stanford Health Care Spiritual Care Service, Stanford Storytelling Project, Stanford Speakers Bureau, Wellness and Health Promotion Services, WorkLife.

iPAUSE GUIDED CONTEMPLATIVE PRACTICE DURING CONTEMPLATION BY DESIGN SUMMIT

During the Contemplation by Design Summit, Guided contemplative practice sessions are offered throughout the schedule and noted with the iPause phrase.

In all the Guided practice sessions participants are offered the opportunity to experience and learn about contemplative practices that cultivate each state of P.E.A.C.E.™—Pause, Exhale, Attend mindfully, Connect with nature, yourself, and others, and Express P.E.A.C.E.™—Prosociality, Equanimity, Altruism, Compassion, and Ethics.

The teachers leading the iPause Guided Contemplative Practice sessions share their insights and wisdom born from their own backgrounds in modern secular, neuroscience and/or spiritual traditions, including Mindfulness-Based Stress Reduction, Centering Prayer, Christianity, Judaism, Islam, Buddhism and Hinduism.

The iPause sessions in this year's Summit feature contemplative movement practices, such as Qigong, yoga, and Labyrinth walking, in addition to contemplative stillness practices, such as seated meditation.

Pause.

Unwind. Quiet the striving mind.
Stretch, move gently with a teacher or on your own.

Exhale.

Breathe. Exhale completely. Inhale deeply. Relax.
Delight in your body's physical sensations by sequentially focusing on each part from head to toe, palm to palm.

Attend.

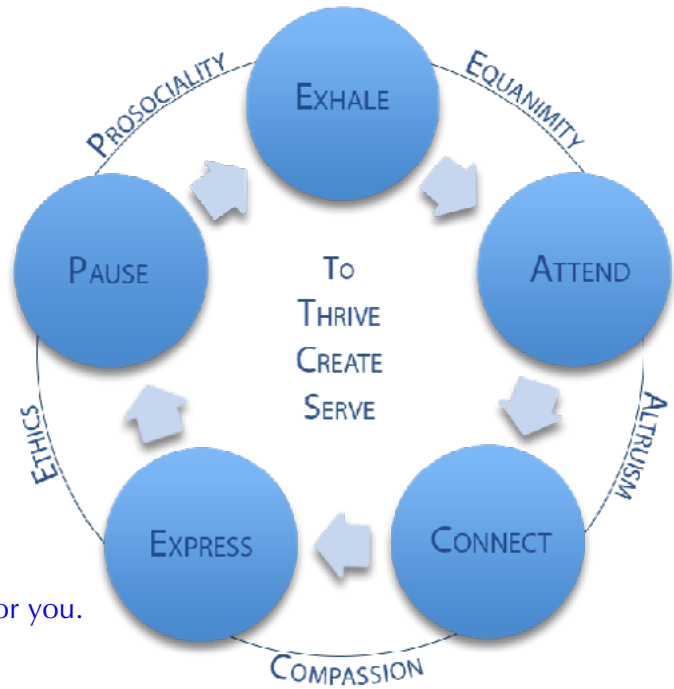
Awaken to what you see, hear, taste, smell, touch.
Listen to nature sounds, or silence.
Rest your mind. Watch a thought. Let it go.
Observe a feeling. Take care of yourself. Renew.

Connect.

Experience what is happening now. Discern what is right for you.
Notice the positive in your life. Enjoy nature.
Feel your membership in this community.

Express.

Authentically express your feelings. This may include dancing, singing, writing, conversing, being compassionate toward yourself or another person, giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.



7:00-8:15PM

INTRODUCTION TO THE 2022 SUMMIT ON CONTEMPLATIVE SKILLS FOR ENLIVENING THE BODY AND CALMING THE MIND TO CULTIVATE INDIVIDUAL AND SOCIETAL HEALING AND TRANSFORMATION WITH TIA RICH, PhD

Tia Rich, PhD, will provide an overview of the Stanford 2022 Contemplation by Design™ Summit's 40 free sessions that present the evidence-based framework of contemplative science along with proven skills for contemplative practices that enliven the body and calm the mind. Topics include research on contemplative movement and stillness practices for PEACE™: Pausing, Exhaling, Attending mindfully, Connecting compassionately, and Expressing wise compassion.

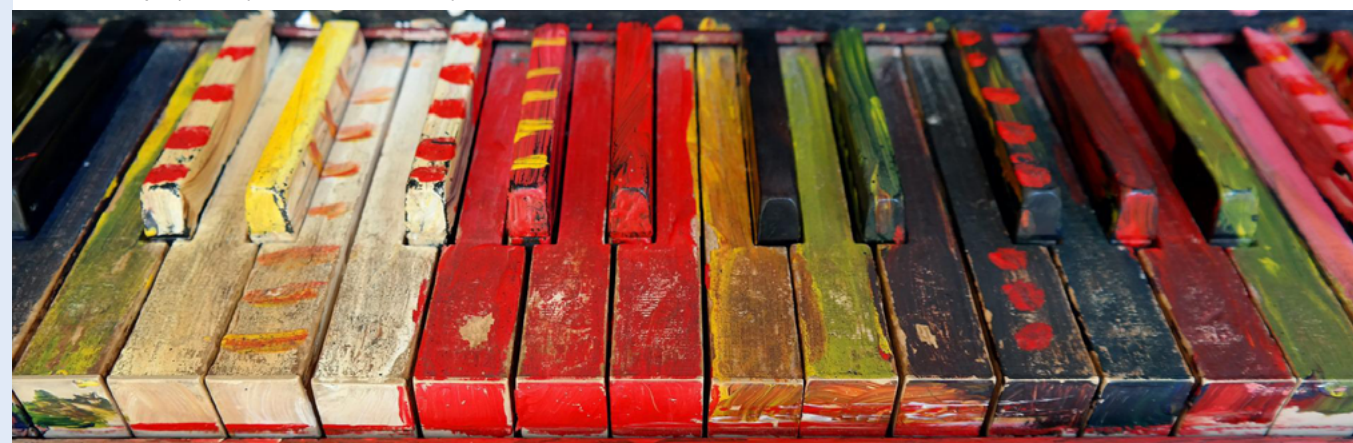
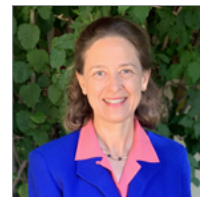
In response to the strains and traumas from recent years, the 2022 Summit offers healing and renewal. Summit speakers include: Bessel van der Kolk, Peter Levine, Patrisse Cullors, Thema Bryant, Lisa Miller, Lawrence Barsalou, Fleet Maul, Diane Musho Hamilton, Thomas Hubl, Yi-Yuan Tang, and other leading experts. Contemplative movement practices featured include Yoga with Heather Freeman and Chris Brems, Breathwork with Richard Rosen, Kum Nye with Bruce Alderman, Qigong with Mimi Bell Hamilton, Tai Chi with Teja Bell and Hong Yang, Labyrinth Walking with Lauren Artress, and more.

Cultivate your capacity to flourish and contribute to the health and well-being of yourself and your community. Join us to deepen your reservoir of skills that revitalize you and the people with whom you interact. Learn from leading contemplative science researchers while delighting in developing practical contemplative skills that develop resilience and wise compassion that support individual and societal healing and transformation.

You are invited to savor the art that lies in the pauses between the notes. Pianist and composer, Artur Schnabel said, "The notes I handle no better than many pianists. But the pauses between the notes – ah, that is where the art resides." Insights from the Summit's diverse dynamic speakers will illuminate how the contemplative pause nurtures the art of living well individually and in community.

This year's Summit especially welcomes you into deeper relationship with the beauty of the body as an orchestra of cells, organs, fluids, bones, and tissues creating the unique symphony of tempos and tones written in the five movements of PEACE. When we Pause, Exhale, Attend, Connect, and Express, we are able to fully Thrive, Create solutions to society's problems, and Serve the health and well-being of all people and the planet.

Tia Rich, PhD, is founder and director of Contemplation By Design™. As a Lecturer in the Stanford School of Medicine she is the principal instructor for the Stanford Community Health and Prevention Research—Contemplation by Design: Applied Contemplative Science Master of Science program. Dr. Rich has been integrating contemplative practices, including yoga and mindfulness and compassion meditation, into health and well-being community programs and research projects by Stanford University since 1984.



7:45-9:45AM

HEALING TRAUMA IN THE BRAIN, MIND, AND BODY: A THREE SESSION SERIES WITH DR. BESSEL VAN DER KOLK, MD



Dr. Bessel van der Kolk, author of *The Body Keeps the Score*, will present a three-session series on the ways traumatic events affect the brain, the mind, and the body, as well as methods for healing and preventing the suffering that can persist after traumatic events. Dr. van der Kolk's series illuminates the most recent neuroscience of traumatic stress and a wide range of treatment approaches that meet the needs of different individuals' specific difficulties. Treatment methods discussed will include several that originated from contemplative practices including breath work, yoga and other forms of contemplative movement, acupressure, EMDR, neurofeedback, psychodrama, chanting or singing, and the essential components of a psychotherapeutic relationship.

Recent world events have included ones that have been traumatic to many people. Collectively and individually, we are all too familiar with the toll this can take on our health and well-being. Trauma changes a person's orientation to self-worth and efficacy, capacity to deal with conflict or cultivate intimacy, as well as skills for emotion regulation and long-term planning. Also, trauma's impact varies according to different developmental ages, changing brain circuitry differently, and thus: perception, self-regulation, and reciprocity.

Dr. van der Kolk's series provides foundational insights that will enrich the benefits gained from participating in any or all of the subsequent 40 free contemplative science and practices sessions in the 2022 Contemplation by Design Summit. The Summit offers knowledge and skills for healing trauma and for promoting sustainable health and well-being through contemplative practices for the mind, body, and spirit.

Dr. van der Kolk's first session focuses on:

- Scientific advances in the neurobiology of trauma that support the skillful healing process.
- Ways traumatic childhood experiences effect brain development, emotion regulation, cognition, attention, self-perception, and systems of meaning.
- Trauma's negative impacts, which can include: Affect dysregulation and dissociation; Derailed information processing; Chronic dysfunctional relationships toward self and others; Self-blame, guilt, and shame.
- Treatment of Trauma Disorders, including Developmental Trauma Disorder and adaptations to trauma early in the life cycle, and Post Traumatic Stress Disorder.
- Methods for identifying, evaluating, and understanding the origins of trauma-based suffering in oneself or other people to whom you wish to offer support as they heal.

The final portion of this session will be a Q&A discussion.

Bessel A. van der Kolk MD is a pioneer clinician, researcher and teacher in the area of posttraumatic stress. His work uniquely integrates developmental, neurobiological, psychodynamic, somatic and interpersonal aspects of the impact of trauma and its treatment. His #1 New York Times Science best seller, *The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma* (translated in 38 languages), transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, psychedelic therapy, psychodrama, mindfulness techniques, parts work, yoga, and body work. He has published over 150 peer reviewed scientific articles on such diverse topics as neuroimaging, self-injury, memory, neurofeedback, developmental trauma, yoga, theater and EMDR.

12:00-2:00PM

POLYVAGAL THEORY, THE BODY AND HOW TO HEAL PREVALENT ASPECTS OF TRAUMA WITH DR. BESSEL VAN DER KOLK, MD

Dr. Bessel van der Kolk, author of *The Body Keeps the Score*, is presenting a three-session series on the ways traumatic events affect the brain, the mind, and the body, as well as methods for healing and preventing the suffering that can persist after traumatic events. Dr. van der Kolk's series illuminates the most recent neuroscience of traumatic stress and a wide range of treatment approaches that meet the needs of different individuals' specific difficulties.

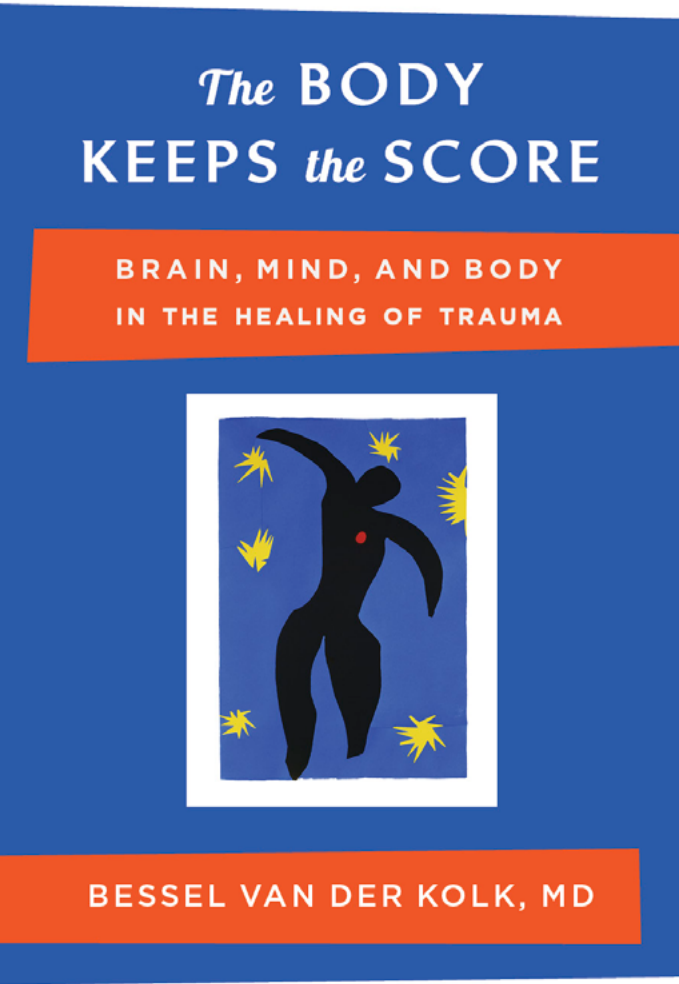


In this second of Dr. van der Kolk's three-part session, he will discuss Attachment, Polyvagal Theory, the Body and How to Heal Prevalent Aspects of Trauma. Topics include:

- Differences between disorganized attachment and traumatic stress.
- Synchronicity, reciprocity and the mirror neuron systems, and brain development.
- The Polyvagal Theory and how it illuminates the mechanisms by which contemplative practices may render their benefits.
- How to overcome the destabilization and disintegration trauma leaves in its wake.
- Learned helplessness and learned agency.
- How to restore: trust and synchronicity; neurological mechanisms for information processing; mastery and the ability to attend to current circumstances.
- Somatic re-experiencing of trauma-related sensations and affects that serve as engines for continuing maladaptive behaviors.
- How mind and brain mature in the context of effective caregiving systems.

The final portion of each session will be a Q&A discussion.

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7:45-9:45AM

TRAUMA-SPECIFIC TREATMENT INTERVENTIONS INCLUDING CONTEMPLATIVE PRACTICES AND OTHER NON-PHARMACOLOGICAL METHODS AND ACTIVITIES WITH DR. BESSEL VAN DER KOLK, MD



Dr. Bessel van der Kolk, author of *The Body Keeps the Score*, is presenting a free three-session series on the ways traumatic events affect the brain, the mind, and the body, as well as methods for healing and preventing the suffering that can persist after traumatic events. Dr. van der Kolk's series illuminates the most recent neuroscience of traumatic stress and a wide range of treatment approaches that meet the needs of different individuals' specific difficulties.

In this third of Dr. van der Kolk's three-part session, he will discuss:

- The role of body-oriented and neurologically-based therapies to resolve the traumatic past.
- Interoceptive, proprioceptive, and kinesthetic qualities of contemplative movement that contribute to healing.
- Methods for unlocking underlying trauma embedded in the mind and body and transforming it in a healing manner that is permanent, safe, and welcomed by the person who is suffering. The following methods will be presented along with information on the neurobiological mechanisms and physical and psychological pathways by which these methods offer a healing experience:

- EMDR (eye-movement desensitization)
- Self-regulation, including Yoga
- Mindfulness
- Breathing
- Reprocessing, including Play and Theatre
- Dance, Movement, and Sensory integration
- Touch
- Neurofeedback
- Recommendations for alignment of methods with an individual's needs, as well as any contraindications that do or do not exist for engaging in each of these healing methods.

The final portion of each session will be a Q&A discussion.

Bessel A. van der Kolk MD is a pioneer clinician, researcher and teacher in the area of posttraumatic stress. His work uniquely integrates developmental, neurobiological, psychodynamic, somatic and interpersonal aspects of the impact of trauma and its treatment. His #1 New York Times Science best seller, *The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma* (translated in 38 languages), transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, psychedelic therapy, psychodrama, mindfulness techniques, parts work, yoga, and body work. He has published over 150 peer reviewed scientific articles on such diverse topics as neuroimaging, self-injury, memory, neurofeedback, developmental trauma, yoga, theater and EMDR.

12:15-2:00PM

TAKING A SITUATED APPROACH TO THE DESIGN OF CONTEMPLATIVE PRACTICES AND INTERVENTIONS WITH LAWRENCE BARSALOU, PhD

There’s much to be said for what’s tried and true in contemplative traditions. Centuries of development and evaluation have established contemplative practices that work. Nevertheless, contemplative traditions have always adapted themselves to the contexts in which they’re practiced. Buddhism, for example, has evolved considerably as it’s adapted itself historically and geographically (including many current Western forms). From this perspective, bringing design thinking to bear on contemplative practices and interventions is natural. How can we design contemplative practices and interventions that are maximally effective in modern contexts? What principles might inform the design process? From the perspectives of grounded, embodied, and situated cognition, one potentially relevant design principle is: Take the situations where people operate into account, along with their embodied action in these situations. To design contemplative practices and interventions that are effective and easy to learn, work with them in the situations where they’re performed. Many other contextual traditions in personality, social psychology, and cognitive science might make similar recommendations.

To explore this perspective, Professor Lawrence Barsalou will review the central role of situations in human cognition and behavior, along with substantial differences in how different individuals respond to the same situations (individual by situation interactions). To explain these interactions, he will explore how each individual’s unique cognitive-affective system results from a lifetime of conditioning, thereby producing a unique pattern of responding to the world. Barsalou will complete his talk by suggesting that the situated action cycle, embedded in a dual-process framework, offers a useful approach to understanding situational conditioning and attempts to change it through contemplative practices. Of particular interest will be the possibility of taking a situated approach to designing contemplative practices and interventions. Contemplative constructs such as mindfulness, gratitude, compassion, generosity, wisdom, and well-being will be used to illustrate the situated perspective.

Lawrence Barsalou, PhD, is a Professor of Psychology at the University of Glasgow, conducting research in the Institute of Neuroscience and Psychology. Barsalou’s research addresses the nature of human conceptual processing and its roles in perception, memory, language, thought, social interaction, and health cognition. A current theme of his research is that the conceptual system is grounded in multimodal simulation, situated conceptualization, and embodiment. Specific topics of current interest include the roles of conceptual processing in emotion, stress, abstract thought, self, appetitive behavior, and contemplative practices. His research also addresses the dynamic online construction of conceptual representations, the development of conceptual systems to support goal achievement, and the structure of knowledge. Barsalou’s research has been funded by the US National Science Foundation and other US funding agencies. He has held a Guggenheim Fellowship, served as the chair of the Cognitive Science Society, and won an award for graduate teaching from the University of Chicago. Barsalou is a Fellow of the American Association for the Advancement of Science, the American Psychological Association, the Association for Psychological Science, the Cognitive Science Society, the Mind and Life Institute, and the Society of Experimental Psychologists. He is a winner of the Distinguished Cognitive Science Award from the University of California, Merced. He received a Bachelors degree in Psychology from the University of California, San Diego in 1977 (George Mandler, advisor), and a Ph.D. in Cognitive Psychology from Stanford University in 1981 (Gordon Bower, advisor). Since then, Barsalou has held faculty positions at Emory University, the Georgia Institute of Technology, and the University of Chicago, joining the University of Glasgow in 2015.



5:15-6:30PM

POSTMETAPHYSICAL SPIRITUALITY AND THE EMBODIED MIND WITH BRUCE ALDERMAN, MA

What paths lie ahead for religion and spirituality in the 21st Century? How might the insights of modernity and post-modernity, from 4E cognitive neuroscience to critical philosophy, impact and inform humanity's ancient wisdom traditions, or inspire new forms of practice today? From Jurgen Habermas' and Ken Wilber's proposals for a postmetaphysical reframing of religion; to the development of fields such as neurophenomenology to neurotheology; to the anatheism of Richard Kearney, the anthropotechnics of Peter Sloterdijk, and the embodied, polydox theology of Katherine Keller; to John Vervaeke's call to build a "Religion that is Not a Religion" and develop new "ecologies of practice," we are witnessing a striking contemporary re-valuation of the transformative potentials of religion and contemplative exercise. In this talk, Bruce Alderman will explore some of these movements, and the emergence of an embodied, enactive understanding of spiritual practice that goes well beyond the "mindful stress relief" of the past several decades.

Bruce Alderman, MA, is a faculty member for the Consciousness and Transformative Studies department in the John F Kennedy School of Psychology, National University; the co-host of The Integral Stage podcast; a writer on integral philosophy and spirituality; and a practitioner in Bon, Buddhist, and Time-Space-Knowledge (TSK) traditions.



7:30-8:15AM

PAUSE GUIDED PRACTICE #1 MORNING GUIDED MEDITATION KUM NYE YOGA: THE BODY'S RECOLLECTION OF BEING - INNER MESSAGE WITH BRUCE ALDERMAN, MA



Kum Nye is a modern form of an ancient Tibetan yoga and self-massage practice, and is complementary to many of the embodied contemplative practices discussed in Bruce Alderman's lecture on Oct. 11.

In this first of three daily Kum Nye practice sessions, we will focus on a foundational element of Kum Nye: contacting, working with, and amplifying subtle somatic feeling states, known as "inner massage."

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Bruce Alderman, MA, is a faculty member for the Consciousness and Transformative Studies department in the John F Kennedy School of Psychology, National University; the co-host of The Integral Stage podcast; a writer on integral philosophy and spirituality; and a practitioner in Bon, Buddhist, and Time-Space-Knowledge (TSK) traditions.

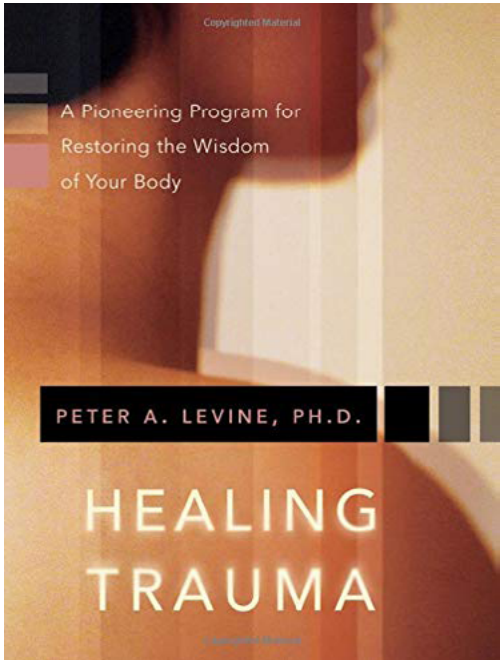
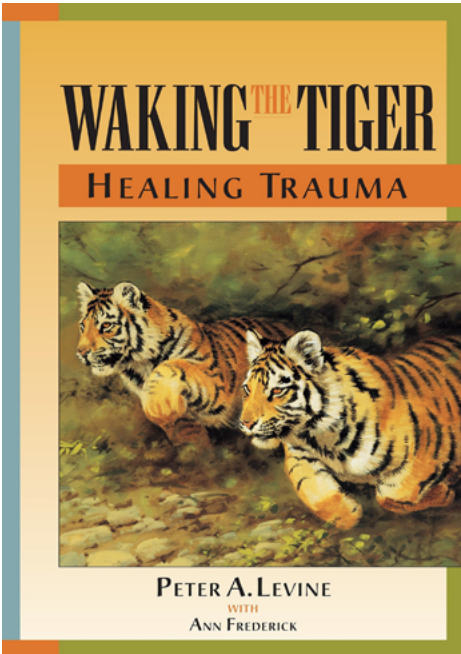
10:00-11:30AM

BODY AS A HEALER WITH PETER LEVINE, PHD



While trauma effects the brain and mind, it is primarily something that also gets locked in the interiority of body. By being able to access those roots of trauma, though interoceptive awareness, it is possible to create new experiences in the “Living Body,” those that contradict fear, bracing and helplessness. In this way it is possible to help resolve and transform trauma.

Peter A Levine, PhD, is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma. Dr Levine holds doctorates in both Biophysics and Psychology. He served as a Stress consultant for NASA in the early space shuttle development, and has served on the APA task force for responding to the trauma of large-scale disasters and ethnopolitical warfare. He is the Founder and President of the Ergos Institute for Somatic Education, and the Founder and Advisor for Somatic Experiencing International. He is also a senior fellow and consultant for the Meadows treatment center. Dr. Levine is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma* (published in 30 languages), *In an Unspoken Voice*, and *Trauma and Memory*. He has received Lifetime Achievement awards from Psychotherapy Networker, from the US Association for Body-Oriented Psychotherapy and from Attach. He continues to teach trainings internationally. See: somaticexperiencing.com



12:00-1:30PM

INTEGRATING EMBODIED MINDFULNESS: 7 PRINCIPLES FOR ACTUALIZING THE BENEFITS OF SOMATIC PRACTICE WITH TEJA BELL (FUDO MYOO ROSHI)



Seven principles of actualizing the benefits of somatic contemplative practice is the focus of this lecture and 3-session interactive workshop series by Teja Bell on Oct. 13, 14 and 16. The somatic practices of Buddhist and Daoist arts contribute exceptional value to meditators as a way of integrating and realizing the insights of Mindfulness meditation.

The practice of Mindfulness is central to contemplative practitioners in many traditions. The modern fields of psychology and neuroscience recognize Mindfulness for stress management and trauma work.

"Integrating Embodied Mindfulness" weaves qigong and insight as a pathway to radiant well-being and the direct revelation of our universal nature.

Teja Bell (Fudo Myoo Roshi) is a lineage dharma teacher and Rinzai Zen master, the 84th ancestor of Lin-Chi I-Chuan's Chan lineage. He is a 6th degree Black Belt in Aikido and a life-long practitioner and teacher of Chinese Internal Arts and Qigong. Teaching Internationally (in China and Europe), Teja integrates meditation, dharma, with qigong/neigong's somatic skills as embodied mindfulness. He conducts teacher-trainings and in-depth practice sessions along with regular online classes and has taught over 150 retreats at Spirit Rock Meditation Center since 1999. Teja is committed to the lifelong pursuit and mastery of these evolving teachings and disciplines, as well as to the ethical and empowering communication and transmission of their essential qualities for universal benefit.



5:15-6:30PM

BODY, SOUL & WORLD: THE HOLISTIC PATH OF JEWISH SPIRITUALITY WITH REBECCA SCHISLER, SHABBAT



Judaism conceives of “five worlds,” integrated aspects of reality that are associated with five levels of our soul: body, heart, mind, spirit, and primordial source. Jewish practice is intended to support us in connecting with God on each of these levels simultaneously, emphasizing the foundational level of body and physicality as opportune for our growth, healing, and evolution of consciousness. In this session, we will gain familiarity with all five levels of soul, working towards a holistic understanding of what it means to be a human being in relationship to the divine. We will dive deeper into an exploration of ‘nefesh,’ the physical level of soul, and learn some core Jewish practices that can support us in tending skillfully to our bodies, cultivating the embodied awareness that all life is sacred, and treating it as such.

A devoted mindfulness practitioner and Jewish educator, **Rebecca Schisler** is on the teaching faculty of the Institute for Jewish Spirituality and Or HaLev Center for Jewish Spirituality & Meditation, and has taught classes and retreats with Awakened Heart Project, Orot, Wilderness Torah, Pardes, and Mindful Life Project. She was previously the Director of Student Health & Well-being at Stanford University's Hillel, and co-authored the Mahloket Matters Schools Curriculum with the Pardes Center for Jewish Educators. A student rabbi at ALEPH, Rebecca is passionate about integrating ancestral wisdom traditions with innovative approaches to personal and collective healing and liberation. She teaches Jewish spirituality as an embodied, transformational, and accessible path, with relevant and timely wisdom for all.

7:00-8:15PM

HOMECOMING: APPLYING HOLISTIC INTERVENTIONS AND LIBERATION PSYCHOLOGY TO TRAUMA RECOVERY WITH THEMA BRYANT, PhD

This presentation will explore the impact of trauma and the significance of holistic interventions such as embodied healing and contemplative practice. The presentation will also examine the application of Liberation Psychology to extend beyond coping to empowerment, resistance, and community support. Attendees will gain an understanding of key theoretical constructs as well as specific exercises to facilitate survivors' journeys home to their authentic selves.

Thema Bryant, PhD, is the president-elect of the American Psychological Association (APA), the leading scientific and professional organization representing psychology with more than 120,000 members.

Dr. Thema Bryant completed her doctorate in Clinical Psychology at Duke University and her post-doctoral training at Harvard Medical Center's Victims of Violence Program. Upon graduating, she became the Coordinator of the Princeton University SHARE Program, which provides intervention and prevention programming to combat sexual assault, sexual harassment, and harassment based on sexual orientation. She is currently a tenured professor of psychology in the Graduate School of Education and Psychology at Pepperdine University, where she directs the Culture and Trauma Research Laboratory. Her clinical and research interests center on interpersonal trauma and the societal trauma of oppression. She is a past president of the Society for the Psychology of Women and a past APA representative to the United Nations. Currently she serves as the elected Vice President and Racial Equity Officer for her neighborhood council in Los Angeles. Dr. Thema also served on the APA Committee on International Relations in Psychology and the Committee on Women in Psychology.

The American Psychological Association honored her for Distinguished Early Career Contributions to Psychology in the Public Interest in 2013. The Institute of Violence, Abuse and Trauma honored her with their media award for the film Psychology of Human Trafficking in 2016 and the Institute honored her with the Donald Fridley Memorial Award for excellence in mentoring in the field of trauma in 2018. The California Psychological Association honored her for Distinguished Scientific Achievement in Psychology in 2015. She is the editor of the APA text *Multicultural Feminist Therapy: Helping Adolescent Girls of Color to Thrive*. She is one of the foundational scholars on the topic of the trauma of racism and in 2020, she gave an invited keynote address on the topic at APA. In 2020, the International Division of APA honored her for her International Contributions to the Study of Gender and Women for her work in Africa and the Diaspora. Dr. Thema has raised public awareness regarding mental health by extending the reach of psychology beyond the academy and private therapy office through community programming and media engagement, including but not limited to Headline News, National Public Radio, and CNN.



7:30-8:15AM

iPAUSE GUIDED PRACTICE #2 KUM NYE YOGA: THE BODY'S RECOLLECTION OF BEING - TASTING RELAXATION WITH BRUCE ALDERMAN, MA

Having a relaxed body is not just a luxury or form of leisure; it is essential to embodied well-being and spiritual growth. In this second day of three in the Kum Nye practice series, we will work with subtle movement exercises to bring deep relaxation to the body.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Bruce Alderman, MA, is a faculty member for the Consciousness and Transformative Studies department in the John F Kennedy School of Psychology, National University; the co-host of The Integral Stage podcast; a writer on integral philosophy and spirituality; and a practitioner in Bon, Buddhist, and Time-Space-Knowledge (TSK) traditions.



8:30-9:45AM

EMBODIED FLOURISHING IN TIBETAN MEDICINE: CULTIVATING WELLNESS IN CONNECTION, WITH TAWNI TIDWELL, PhD

As we enter an age of crisis both externally and internally, a radically different approach to health and healing has become more important than ever. This talk will explore how Tibetan medicine sees our experiences of health, balance, and well-being as inextricably interdependent with the world around us and integrally mediated by our diets, lifestyles, and relationships. In order to help us regain balance amidst great change and uncertainty, we must discover our innate capacities of mind, body, and spirit. This requires a cultivated connection to our natural world as well as a deep familiarity with the nuances of our being. Lasting healing, even flourishing, is embodied—in our planet, our communities, and ourselves. This talk will present how a 2,000-year-old medical tradition that codeveloped with Buddhism in Tibet—a science of well-being alongside a science of mind—provides insights into contemporary global healthcare concerns. Drawing on examples from current studies, a Tibetan medical approach to COVID-19, chronic inflammatory conditions, and the microbiome will illustrate these perspectives.

Tawni Tidwell, PhD, is a biocultural anthropologist and Tibetan medical doctor. She is currently a Numata Visiting Professor at the University of Vienna and a Research Fellow at the Center for Healthy Minds of the University of Wisconsin-Madison. Dr. Tidwell's research facilitates bridges across the Western scientific tradition and Tibetan medical tradition along with their attendant epistemologies and ontologies. Previously, she was a postdoctoral fellow at the Austrian Academy of Sciences, where her work focused on pharmacological innovations in Tibetan medicine and training practices for medicine compounding. Her doctoral work detailed the entrainment process for learning Tibetan medical diagnostics of Tibetan medical conceptions of cancer and related metabolic disorders. She is currently the Principal Investigator for the Study on Examining Individual Differences in Contemplative Practice Response (ExamID-Biome) that assesses variation in meditation outcomes as it relates to gut microbiome profiles and Tibetan medical constitutional characteristics, and she is the Lead Scientist for the Field Study of the Physiology of Meditation Practitioners and the Tukdam Meditative State (FMed) guided by His Holiness the Dalai Lama in collaboration with Tibetan Buddhist monastic and Tibetan medical colleagues in India as well as the Russian Academy of Sciences. Her published works focus on diagnostic/treatment paradigms, pharmacological synergies, and modes of embodiment. She maintains a private clinical practice in Madison, Wisconsin.



12:15-1:30PM

TAIJIQUAN: CONTEMPLATIVE MOVEMENT ROOTED IN TAOISM AND TRADITIONAL CHINESE MEDICINE WITH HONG YANG, MBA

Hong Yang will describe how Taoism affected Traditional Chinese Medicine and the embodied, somatic practice of taijiquan. Both Traditional Chinese Medicine and taijiquan are based on Taoism and yin-yang philosophy. They are synergistic in preventing disease, improving the quality of life, and enlightening the mind and soul. These effects are not only important historically, but are highly relevant for modern life. They will be even more significant for health and well-being in the post-pandemic era.

Hong Yang's study and practice of embodying the two sides of yin and yang started when she learned taijiquan (tai chi chuan) at five years old and continues as she reflects on taiji’s deep meaning derived from Taoism and Traditional Chinese Medicine.

Taoism, taijiquan, and Traditional Chinese Medicine value the three important internal “medicines” of *Jing* (physical essence), Qi (ch’i, energy circulation), and *Shen* (spirit), which can often be used instead of external interventions such as medications.

Taijiquan, rooted in the natural law of taiji philosophy, is experienced to be one of the most accessible ways of cultivating jing, qi, and shen to attain deep peace and spiritual enlightenment. In the interactive workshop to follow the lecture, Hong will guide participants in some basic taijiquan movements to somatically experience the precepts of Taoism and Traditional Chinese Medicine, feeling first-hand how the movements can change internal energy.

Hong Yang, MBA and taiji master, is the founder of the Tai Chi Zen Institute. As a family internal taiji inheritor, she has been studying taiji since she was five years old. Hong is a world taiji champion in hand forms, sword forms, and push hands. She has been integrating Taoism philosophy and Traditional Chinese Medicine studies into her personal taiji practice and into her teaching. In 2020, Hong began earning her doctorate in integrative traditional medicine at Nan Jing University of Chinese Medicine. Her research focuses on the relationships among Traditional Chinese Medicine, Taoism, and taijiquan. In recent years, Hong has been creating and teaching seminars and workshops to integrate taijiquan, taiji steps, taiji sword, ancient qigong, and taiji-related philosophy based on Traditional Chinese Medicine and Taoism.

IPAUSE GUIDED PRACTICE #3, ESTABLISHING THE FOUNDATIONS FOR A SUPPORTIVE AND FLOURISHING QIGONG PRACTICE WITH TEJA BELL (FUDO MYOO ROSHI)

This session is the first in the 3-part series building on Teja Bell's Lecture, Integrating Embodied Mindfulness: 7 Principles for Actualizing Benefits of Somatic Practice on Wednesday, Oct. 12 from 12:00-1:30pm

Teja Bell will guide participants in 75 minutes of Qigong to provide the foundations for a supportive and flourishing practice. Each session will begin with a 10-15 minute introduction to illuminate the framework for the session's practices. The remaining 60-65 minutes will include a variety of standing practices followed by seated practice and a guided meditation, and a closing Q&A dialogue with participants.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Teja Bell (Fudo Myoo Roshi) is a lineage dharma teacher and Rinzai Zen master, the 84th ancestor of Lin-Chi I-Chuan's Chan lineage. He is a 6th degree Black Belt in Aikido and a life-long practitioner and teacher of Chinese Internal Arts and Qigong. Teaching Internationally (in China and Europe), Teja integrates meditation, dharma, with qigong/neigong's somatic skills as embodied mindfulness. He conducts teacher-trainings and in-depth practice sessions along with regular online classes and has taught over 150 retreats at Spirit Rock Meditation Center since 1999. Teja is committed to the lifelong pursuit and mastery of these evolving teachings and disciplines, as well as to the ethical and empowering communication and transmission of their essential qualities for universal benefit.



7:00-8:30PM

PATRISSE CULLORS IN CONVERSATION WITH ELAINE RAY ABOUT 12 STEPS TO TRANSFORM YOURSELF AND THE WORLD

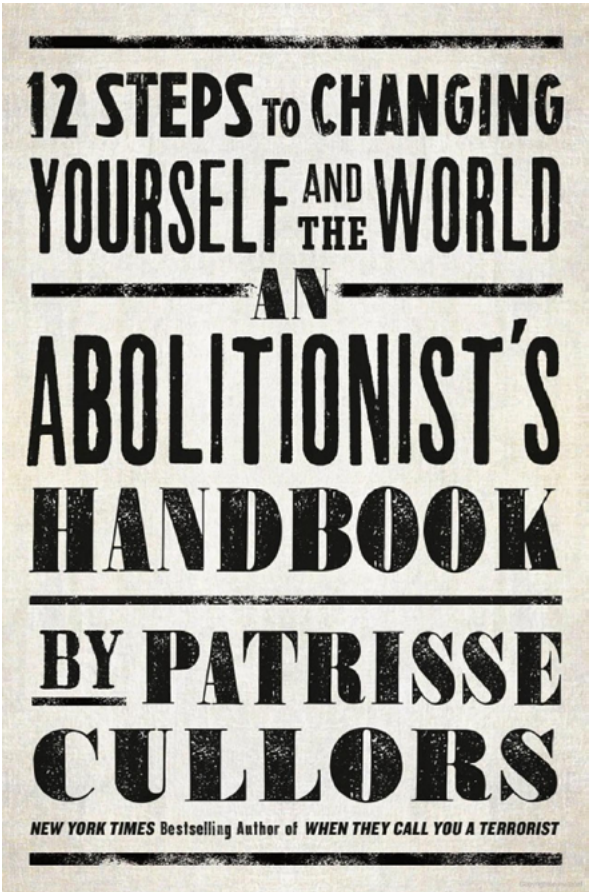
Patrisse Cullors will share her approach to interrogating, illuminating, and sustaining her vision for transforming the world and ourselves, In this dynamic and thoughtful conversation with writer and journalist Elaine Ray, Patrisse Cullors will discuss her latest book, *An Abolitionist’s Handbook: 12 Steps to Changing Yourself and the World*, which offers a blueprint for people committed to making transformative change by working to end violence and oppression by dismantling white supremacy and the carceral state.

Leading social transformation requires not only a commitment to guiding and nurturing others but also comes with a responsibility to look inward to ensure that one’s own body and soul are wisely cared for and sustained. She will illuminate her experience with how contemplative practices can cultivate these abilities.

Cullors will describe her set of essential steps for transformation, including the abilities to engage in courageous conversations, foster healthy interpersonal relationships, and be resourced with skills for healing trauma and sustaining physical, mental, and spiritual vitality.

Patrisse Cullors is a New York Times bestselling author, educator, artist, and abolitionist from Los Angeles, CA. Co-founder of the #BlackLivesMatter hashtag and co-founder and former Executive Director of the Black Lives Matter Global Network Foundation, Patrisse has been on the frontlines of abolitionist organizing for 20 years. TIME 100 also named Patrisse as one of the 100 most influential people. Patrisse has led multiple Los Angeles-based organizations, including Dignity and Power Now, Justice LA, and Reform LA Jails. These organizations have won progressive ballot measures, fought and won against a \$3.5 billion jail plan, and implemented the first-ever Civilian Oversight Commission of the Los Angeles Sheriff’s Department. Patrisse is also the faculty director of Arizona’s Prescott College, a new Social and Environmental Arts Practice MFA program, which she developed nesting a curriculum focused on the intersection of art, social justice, and community organizing that is the first of its kind in the nation. In December 2021, Patrisse received the ACLU Bill of Rights Award for her outstanding work in activism and civil liberty.

Elaine Ray is a communications director, emerita, at Stanford University, where she held a variety of communications roles for 22 years before her retirement in 2018. She is a former member of the *Boston Globe’s* editorial board, and also spent several years as an editor and writer for *Essence magazine*. She holds a Master of Fine Arts in fiction writing from the University of Iowa, a master’s degree in journalism from Kent State University and a bachelor’s degree in English from Chatham University. She was a co-founder of the Parent Network for Students of Color, advocating for underrepresented students in the Palo Alto, California schools and is a former board chair of Foundation for a College Education, a college access organization based in East Palo Alto. Ray currently serves on the board of the Pear Theatre in Mountain View, California. She won the 2016 Gival Press Short Story Award for *Pidgin*. Another story, *The Donna Collection*, is published in the 2020 edition of the *166 Palms Literary Anthology*.



7:30-8:15AM

IPAUSE GUIDED PRACTICE #4 KUM NYE YOGA: THE BODY'S RECOLLECTION OF BEING—INTEGRATION WITH BRUCE ALDERMAN, MA

Kum Nye involves many levels and forms of practice. In this third and final session of the daily Kum Nye series in the Contemplaion by Design Summit, we will explore several practices that aid in the harmonization and integration of different dimensions of the bodymind.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Bruce Alderman, MA, is a faculty member for the Consciousness and Transformative Studies department in the John F Kennedy School of Psychology, National University; the co-host of The Integral Stage podcast; a writer on integral philosophy and spirituality; and a practitioner in Bon, Buddhist, and Time-Space-Knowledge (TSK) traditions.



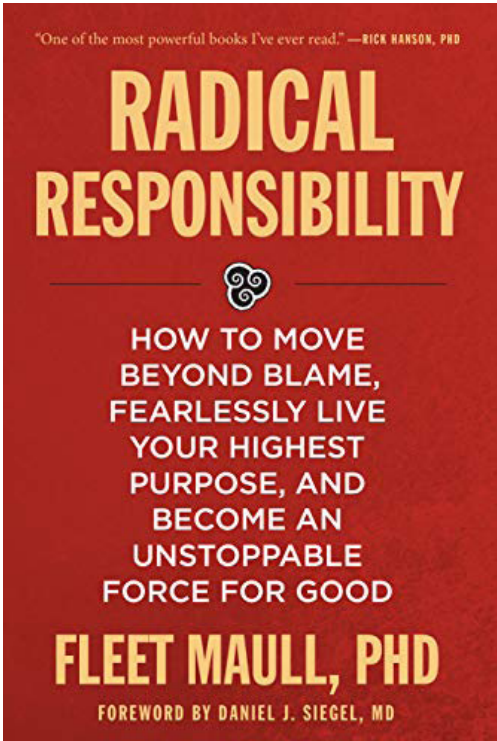
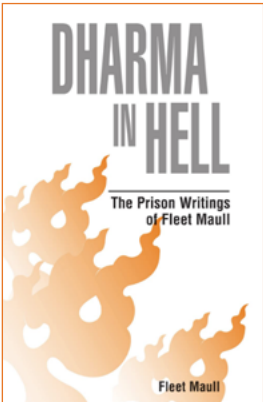
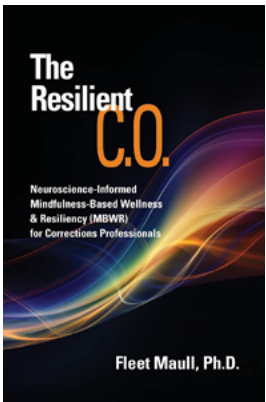
12:15-1:45PM

RADICAL RESPONSIBILITY - INTEGRATING INDIVIDUAL & COLLECTIVE RESPONSIBILITY FOR PERSONAL & SOCIAL TRANSFORMATION WITH FLEET MAULL, PhD

Dr. Maull will present a vision and pathway for personal and social transformation free from the debilitating, undmining, and counter-productive dynamics of blame and shame. He will point to a way out of our current social, cultural, and political morass of divisiveness, distrust, and deep polarization grounded in the complete integration of both personal and collective responsibility. He will employ elements of polarity theory, integral theory, spiral dynamics, and Buddhist philosophy to demonstrate how we can co-evolve beyond the exacerbated polarities that falsely divide us today, and find a middle way forward together free from the self-defeating dynamics and perils of extremism.

Fleet Maull, PhD, is an author, meditation teacher, social entrepreneur, business consultant, executive coach and trainer who works at the nexus of personal and social transformation. He is a senior Dharma teacher in the global Shambhala Meditation Community and a Roshi (Zen master) in the international Zen Peacemaker Order. Dr. Maull founded Heart Mind Institute, Prison Mindfulness Institute and National Prison Hospice Association and co-founded the Rwanda Bearing Witness Retreat, the Center of Mindfulness in Public Safety, and the Engaged Mindfulness Institute. He trains prisoners, business leaders, correctional officers, law enforcement and other public safety professionals in mindfulness-based approaches to deepening wellness & resiliency.

He is the author of *Radical Responsibility: How to Move Beyond Blame, Fearlessly Live Your Highest Purpose and Become an Unstoppable Force for Good* ; *Dharma in Hell: The Prison Writings of Fleet Maull*; and *The Resilience C.O.: Neuroscience Informed Mindfulness-Based Wellness & Resiliency (MBWR) for Corrections Professionals*. He leads meditation retreats throughout the world and recently organized and hosted the Global Resilience Summit.



5:15-6:30PM

IPAUSE GUIDED PRACTICE #5, THE SKILL OF WHOLE BODY BREATHING AND SYNCHRONOUS MOVEMENT WITH TEJA BELL (FUDO MYOO ROSHI)

This session is the second in the 3-part series building on Teja Bell's Lecture, Integrating Embodied Mindfulness: 7 Principles for Actualizing Benefits of Somatic Practice on Wednesday, Oct. 12 from 12:00-1:30pm.

Teja Bell will guide participants in 75 minutes of Qigong to provide the skill of whole body breathing and synchronous movement to support your ability to enjoy the full benefits from your practice. Each session will begin with a 10-15 minute introduction to illuminate the framework for the session's practices. The remaining 60-65 minutes will include a variety of standing practices followed by seated practice and a guided meditation, and a closing Q&A dialogue with participants.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Teja Bell (Fudo Myoo Roshi) is a lineage dharma teacher and Rinzai Zen master, the 84th ancestor of Lin-Chi I-Chuan's Chan lineage. He is a 6th degree Black Belt in Aikido and a life-long practitioner and teacher of Chinese Internal Arts and Qigong. Teaching Internationally (in China and Europe), Teja integrates meditation, dharma, with qigong/neigong's somatic skills as embodied mindfulness. He conducts teacher-trainings and in-depth practice sessions along with regular online classes and has taught over 150 retreats at Spirit Rock Meditation Center since 1999.

Teja is committed to the lifelong pursuit and mastery of these evolving teachings and disciplines, as well as to the ethical and empowering communication and transmission of their essential qualities for universal benefit.



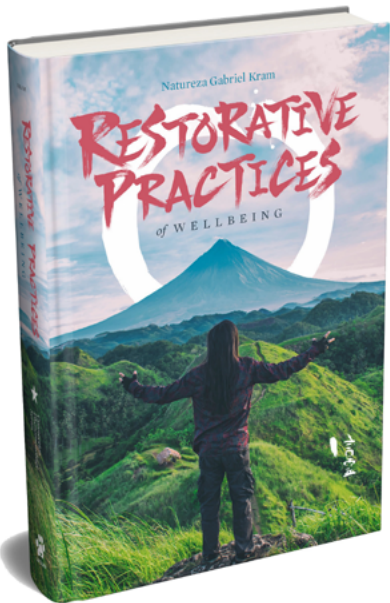
7:00-8:30PM

RESTORATIVE PRACTICES OF WELLBEING WITH GABRIEL KRAM

Gabriel Kram presents the Restorative Practices Neuro-developmental model that is being applied clinically in a range of mental health, public health, and medical programs to remediate trauma and stress-related dis-ease, and to activate the root drivers of wellbeing. For the past 18 years, Gabriel Kram and 50+ colleagues have been synthesizing this neuro-developmental model of well-being that unites cutting-edge neurophysiology and data science with contemplative and ancestral awareness practices from around the world. At the heart of this work is the hard-won awareness that connection is the foundation of wellbeing. In this keynote, Kram will present: the origins of the model in a mindfulness study that rendered unanticipated findings, the genesis of the model, which was crowd-sourced with input from 5,000 wellness professionals, and the model itself, which proposes a connection phenomenology of wellbeing.

Participants will be given time to ask questions during the Q&A portion of the keynote. Opportunity to experience the application of the model to one's own life is offered in the workshop on Saturday, Oct. 15. In addition to registering for this keynote, you are invited to register for the workshop titled "A Polyvagally-Informed Approach to Mindful Awareness."

Gabriel Kram is a connection phenomenologist. He is Founder and CEO of Hearth Science, Convener of the Restorative Practices Alliance, and Co-Founder of the Academy of Applied Social Medicine. His new book, *Restorative Practices of Wellbeing*, unites cutting-edge neurophysiology and ancestral awareness practices, sharing more than 300 practices for personal, community, and ecological thriving.



9:00AM-12:00PM

A POLYVAGALLY-INFORMED APPROACH TO MINDFUL AWARENESS WITH GABRIEL KRAM
(Interactive Workshop)

Dr. Stephen Porges’ landmark Polyvagal Theory provides us a deep living map of the way that the Autonomic Nervous System dynamically adjusts its parameters depending on whether we feel safe or in danger. Through the evocation of various neural platforms of behavior (social engagement, fight, flight, shutdown, etc.) our autonomic nervous systems tune our bodies, emotions, cognitions, interpretations of our surroundings, and behaviors in real-time. The modern mindfulness movement has greatly broadened the application of mindfulness in lay and clinical contexts, yet mindful awareness works with attention, which is strongly shaped by neural platform. Many people who utilize mindfulness for themselves, or clinically with others, do not fully understand the degree to which it needs to be attuned to present-moment neural platform in order to optimally support well-being. For example, when a person is in a defensive state of flight, traditional inwardly-oriented mindfulness practices are generally contra-indicated.



In this workshop, we’ll build a practical bridge from Polyvagal Theory to Mindful Awareness to help participants understand the ways that neural platform (state) exerts strong shaping forces on one's awareness. We also will explore the kinds of attentional movements that are useful when different neural platforms are activated.

In the second half of the workshop, we will utilize the Restorative Practices Deep Learning platform, and its library of nearly 300 practices, to identify relevant practices for individual participants based on their neural platform and particular interests. This workshop is capped at 200 participants. Participants will receive, with registration, complimentary access to the Restorative Practices Deep Learning platform for 30 days.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Kram also is delivering a lecture on Restorative Practices for Wellbeing in the Contemplation by Design Summit on Friday, Oct. 14 at 7pm.

Gabriel Kram is a connection phenomenologist. He is Founder and CEO of Hearth Science, Convener of the Restorative Practices Alliance, and Co-Founder of the Academy of Applied Social Medicine. His new book, Restorative Practices of Wellbeing, unites cutting-edge neurophysiology and ancestral awareness practices, sharing more than 300 practices for personal, community, and ecological thriving.



1:00-3:00PM

RADICAL RESPONSIBILITY, AN INTERACTIVE, SKILL-BUILDING WORKSHOP FOR SELF-EMPOWERMENT & PERSONAL FREEDOM WITH FLEET MAULL, PhD
(Interactive Workshop)



In this workshop, Dr. Maull will lead participants through a series of individual, dyadic, and small group exercises designed to reveal the principles of Radical Responsibility in an experiential and personal manner. These exercises will include training in mindfulness, presence, emotional intelligence, self-regulation, co-regulation, empathic listening, and empathic communication. The workshop will include a deep, experiential exploration of Stephen Karpman's Drama Triangle and the Radical Responsibility model core distinctions between ownership and blame and between living and acting from the contexts of the empowerment zone vs. the drama zone, as well as the skillful means for recognizing when one is caught in the drama zone and then making the shift to the empowerment zone.

Dr. Maull also will facilitate workshop participants in small group and collective exploration of a vision for social transformation leading to a healthy renewal of our cultural commons, political system, and both civic and civil society through the complete integration of personal and collective responsibility.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

This workshop builds upon the points presented in Dr. Maul's lecture on Friday, Oct. 14. If possible, please register to attend the lecture prior to the workshop. However, if your schedule does not allow for you to attend the lecture, you are still welcome to attend this workshop with Dr. Maull.

Fleet Maull, PhD, is an author, meditation teacher, social entrepreneur, business consultant, executive coach and trainer who works at the nexus of personal and social transformation. He is a senior Dharma teacher in the global Shambhala Meditation Community and a Roshi (Zen master) in the international Zen Peacemaker Order. Dr. Maull founded Heart Mind Institute, Prison Mindfulness Institute and National Prison Hospice Association and co-founded the Rwanda Bearing Witness Retreat, the Center of Mindfulness in Public Safety, and the Engaged Mindfulness Institute. He trains prisoners, business leaders, correctional officers, law enforcement and other public safety professionals in mindfulness-based approaches to deepening wellness & resiliency.

He is the author of *Radical Responsibility: How to Move Beyond Blame, Fearlessly Live Your Highest Purpose and Become an Unstoppable Force for Good* ; *Dharma in Hell: The Prison Writings of Fleet Maull*; and *The Resilience C.O.: Neuroscience Informed Mindfulness-Based Wellness & Resiliency (MBWR) for Corrections Professionals*. He leads meditation retreats throughout the world and recently organized and hosted the Global Resilience Summit.

3:30-5:00PM

Tai Chi, Taoist Movement Practices with Hong Yang, MBA
(Interactive Workshop)

During this interactive workshop, Hong Yang will give an historical, philosophical, and physiological introduction to taijiquan (tai chi chuan). She will then teach several popular taijiquan movements using simple but profound opening forms so that participants can experience taijiquan’s amazing effects on the body. The forms will focus on three aspects of taiji: the somatic practice; the use of qi energy, both congenital and acquired through air, breath, and nutrition; and psychospiritual development. Taijiquan aids the unconscious mind in connecting qi from the earth with the entire universe.

The movements will focus on feet, hips, and spine, with holistic integration of mind, body, and spirit.

Practicing taiji with Hong, you will experience the elegant, slow taiji movements, and are likely to enjoy amazing changes in your energy and outlook, whether you are new to taijiquan or an experienced practitioner.

Yang also is delivering a lecture on Taijiquan: Contemplative movement rooted in Taoism and Traditional Chinese Medicine on Thursday, Oct. 13 at 12:15pm.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Hong Yang, MBA and taiji master, is the founder of the Tai Chi Zen Institute. As a family internal taiji inheritor, she has been studying taiji since she was five years old. Hong is a world taiji champion in hand forms, sword forms, and push hands. She has been integrating Taoism philosophy and Traditional Chinese Medicine studies into her personal taiji practice and into her teaching. In 2020, Hong began earning her doctorate in integrative traditional medicine at Nan Jing University of Chinese Medicine. Her research focuses on the relationships among Traditional Chinese Medicine, Taoism, and taijiquan. In recent years, Hong has been creating and teaching seminars and workshops to integrate taijiquan, taiji steps, taiji sword, ancient qigong, and taiji-related philosophy based on Traditional Chinese Medicine and Taoism. View her taiji sword demonstration at the Los Angeles Music Center in 2016 at 42 Sword form.



5:15-6:30PM

Integrated Holistic Yoga: Mindfully Embodied Practice to Cultivate Healing and Resilience with Chris Brems, PhD

Current events, including the pandemic, wars, social injustice, and effects of longstanding systems that allow the patriarchy and white supremacy to go unchecked, have created high levels of physical, emotional, mental, and collective stress for many, especially individuals in healthcare – whether as patients or providers. Integrated holistic yoga offers a mindfully embodied, comprehensive set of practices for body, vitality, mind, emotions, and relationships that support personal and collective resilience and healing. It honors deep cultural and psychological traditions that date back thousands of years, integrating modern neuroscience to demonstrate the evidence-base of yoga’s wisdom.

The integrated holistic vision of yoga is one of accessibility, diversity, health, wellbeing, and resilience. It is a practice of and for community; it honors interdependence and co-regulation. It is a yoga of wholism that honors mind as much as body, breath as much as calming of the nervous system, individuals as much as collectives, stillness as much as movement, and effort as much as ease. It notes and addresses the needs and resources of whole people at all layers of consciousness: body, breath, mind, heart, and spirit – grounded in community and complex interpersonal settings of biological, psychological, social, and cultural influences. It is a yoga of integration, committed to the practice of all limbs of yoga, from ethical and lifestyle commitments to movement and breath; to inner practice such as concentration and meditation. It is a yoga of intention and deep commitment to a practice that serves the greater good, that is dedicated to enhancing wellbeing for all.

Chris Brems, PhD, ABPP, C-IAYT, ERYT500 is a Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine and Director of YogaX, an innovative program dedicated to bringing yoga teachings into healthcare. Dr. Brems integrates yoga, mindfulness, integrative interventions, and self-care in her work as a psychologist, teacher, researcher, mentor, supervisor, consultant, author, administrator, and service provider. She grounds her work in yoga psychology based on ancient and modern texts, as well as in current research, especially in psychology, neuroscience, and interpersonal neurobiology. She honors trauma-sensitive teaching practices and cultural sensitivity, accessibility, and humility. She encourages individual tailoring of the eight limbs of yoga to contexts and needs of each practitioner, offering variations that make yoga accessible to all.



7:00-8:30PM

THE AWAKENED BRAIN: THE NEW SCIENCE OF SPIRITUALITY AND OUR QUEST FOR AN INSPIRED LIFE WITH LISA MILLER, PhD



US Surgeon General Vivek Murthy issued in December, 2021 a public health advisory on the epidemic of the diseases of despair (addiction, depression, and suicide) and mental fragility in society. Amidst the tsunami of a national mental health crisis, exists at once an antidote and a preventative "vaccine," that is innate, free, and priceless.

Basic science reveals that all human beings have an innate capacity for spiritual awareness, identified through multiple levels of analysis (MRI, genotyping, epidemiology).

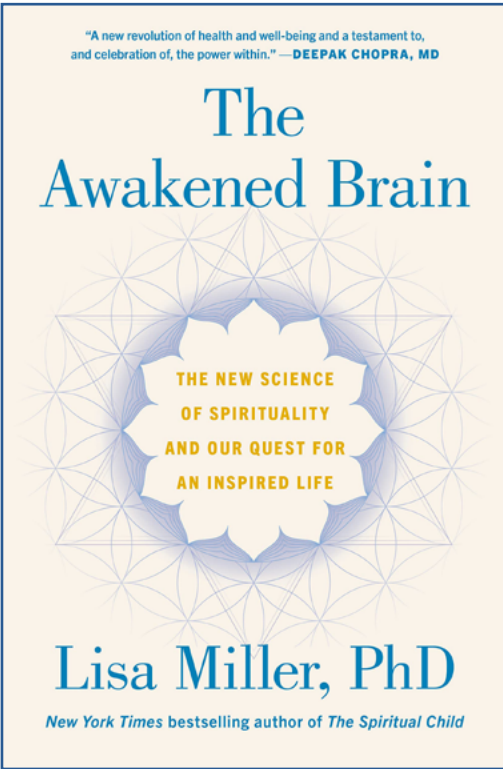
Dr. Lisa Miller will present the latest research illuminating how when we awaken our natural spirituality, Awakened Awareness robustly protects against the diseases of despair, (shown across peer-reviewed published studies). The abundance of data showing its protective and regenerative effects raises the possibility that realizing spiritual awareness is central to our human nature for optimum thriving and wholeness.

In working extensively for two years with an innovation team in the US Pentagon, the road map of science in *The Awakened Brain* has been applied for "whole soldier fitness and health" to thousands of soldiers. Just as physical fitness benefits the physical core, spiritual fitness builds the spiritual core. The US Army data-driven model readily applies to higher education, as seen by the strong response of hundreds of top university leaders in the Awakened Campus Summit and the forthcoming Awakened Campus Global.

What is the entrance point to Awakened Awareness for the skeptic? As part of this science-based talk, Dr. Lisa Miller will share in two brief practices that engage our own natural capacity for Awakened Awareness.

Lisa Miller, Ph.D., is the New York Times bestselling author of *The Spiritual Child* and the new book, *The Awakened Brain; The New Science of Spirituality and Our Quest for an Inspired Life*. Dr. Miller is a Full Professor in the Clinical Psychology Program at Teachers College, Columbia University, where she is the Founder of the Spirituality Mind Body Institute, the first Ivy League graduate program and research Institute in spirituality and psychology, and she has held over a decade of joint appointments in the Department of Psychiatry at Columbia University Medical School. Her innovative research has been published in more than one hundred peer-reviewed articles across leading journals, including *Cerebral Cortex*, *The American Journal of Psychiatry*, and the *Journal of the American Academy of Child and Adolescent Psychiatry*.

Dr. Miller is Editor of the Oxford University Press Handbook of Psychology and Spirituality (Editions One and Two), Founding Co-Editor-in-Chief of the APA journal *Spirituality in Clinical Practice*, an elected Fellow of The American Psychological Association (APA), and the two-time President of the APA Society for Psychology and Spirituality. A graduate of Yale University and the University of Pennsylvania, where she earned her doctorate under the founder of positive psychology, Martin Seligman, she has served as Principal Investigator on multiple grant-funded research studies. Dr. Miller speaks and consults around *The Awakened Brain* and *The Spiritual Child* for the US Pentagon, businesses, personal development, faith-based organizations, schools and universities, and mental health and wellness initiatives. She is the parent of three vibrant GenZ young adults and a soulful rescue dog.



11:00AM-12:00PM

UNIVERSITY PUBLIC WORSHIP (UPW) CALM IN TUMULT WITH REV. AARON GRIZZELL
(In-person at Stanford Memorial Church)

University Public Worship gathers weekly for the religious, spiritual, ethical, and moral formation of the Stanford community. Rooted in the history and progressive Christian tradition of Stanford’s historic Memorial Church, we cultivate a community of compassion and belonging.

Rev. Aaron Grizzell is the executive director of the Northern California Dr. Martin Luther King, Jr. Community Foundation (NorcalMLK Foundation). The foundation is dedicated to helping unlock the promise in every person by promoting social, economic, and environmental justice; supporting health, wellness, and preparedness; and increasing the joys of learning.



12:15-1:15PM

UPW GUIDED MEDITATION AND Q&A WITH REV. AARON GRIZZELL
(In-person at Stanford Memorial Church)

Rev. Aaron Grizzell is the executive director of the Northern California Dr. Martin Luther King, Jr. Community Foundation (NorcalMLK Foundation). The foundation is dedicated to helping unlock the promise in every person by promoting social, economic, and environmental justice; supporting health, wellness, and preparedness; and increasing the joys of learning.



3:00-4:30PM

iPAUSE GUIDED PRACTICE #6, PRANAYAMA, YOGA BREATHING PRACTICES WITH RICHARD ROSEN



Pranayama, the traditional yoga breathing practices, is known to offer therapeutic, restorative, and even transformative benefits. Among these are the calming of the mind and the cultivation of concentration in preparation for meditation.

This workshop will guide you through several fundamental activities of “conscious breathing” as the form of pranayama practice offered during this workshop. Instruction for simple yoga posture-based gentle exercises will be included to prepare you to fully enjoy the breathing experiences. Everyone is welcome. No prior yoga experience is necessary.

Much of modern-day breathing techniques for physical and emotional health promotion emerged from the original yoga practice of pranayama. For thousands of years, pranayama, which in Sanskrit means “vital life force” has been the heart and soul of traditional Hatha Yoga. Literally, pranayama means the restraint and extension (ayama) of the vital breath (prana).

- Join us to learn to modulate your breath gently, effectively, consciously to:
- calm yourself down when distraught,
 - pick yourself up when weary, and
 - most importantly, cultivate insights answering 3 central questions in traditional yoga — Who am I? Where am I? What is my purpose?

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Richard Rosen began his study of yoga in 1980 and has been teaching since 1987. He has written six books on yoga, two of them specifically on pranayama, *The Yoga of Breath* (2002) and *Pranayama: Beyond the Fundamentals* (2006).



5:15-6:30PM

PAUSE GUIDED PRACTICE #7, DEEPENING THE PROFOUND INTEGRATION SPIRIT, MIND, AND BODY WITH TEJA BELL (FUDO MYOO ROSHI)

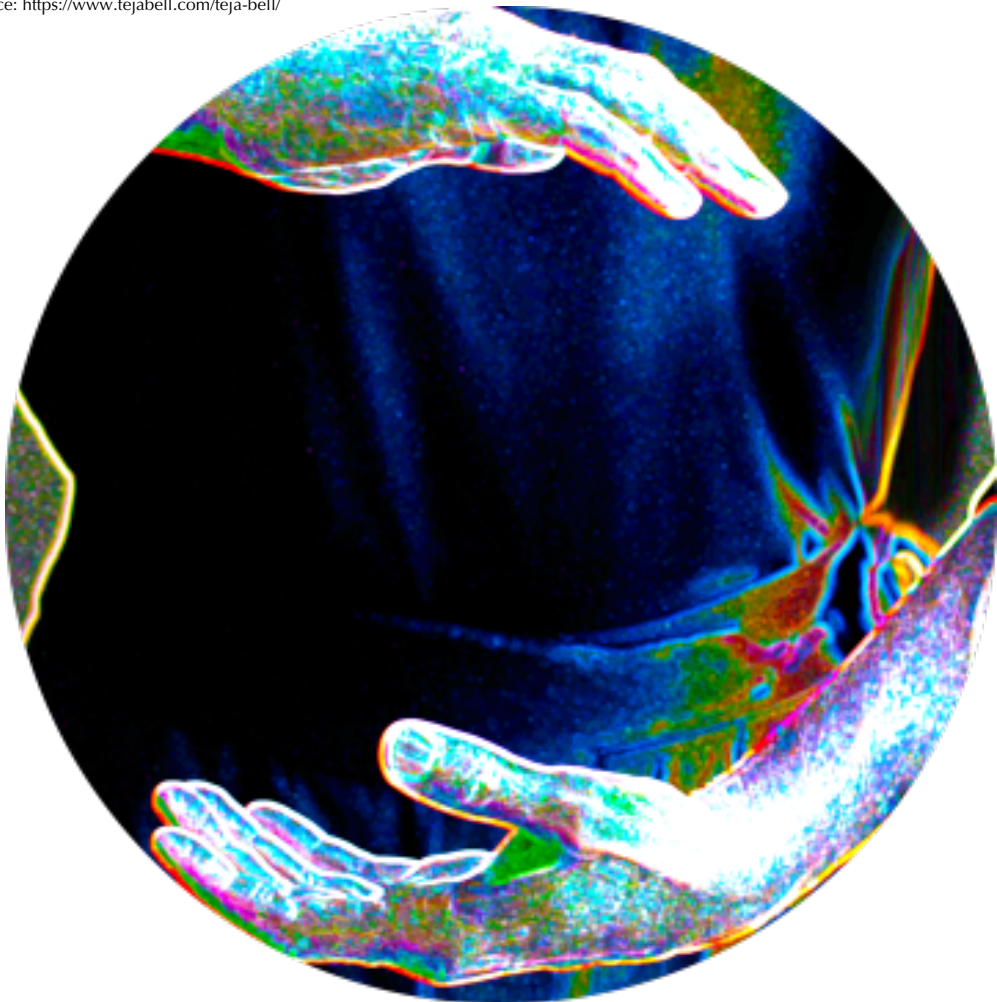
This session is the third in the 3-part series building on Teja Bell's Lecture, Integrating Embodied Mindfulness: 7 Principles for Actualizing Benefits of Somatic Practice on Wednesday, Oct. 12 from 12:00-1:30pm.

Teja Bell will guide participants in 75 minutes of Qigong to provide firsthand experience of the integration of spirit, mind, and body as one of the benefits offered from your practice. Each session will begin with a 10-15 minute introduction to illuminate the framework for the session's practices. The remaining 60-65 minutes will include a variety of standing practices followed by seated practice and a guided meditation, and a closing Q&A dialogue with participants.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Teja Bell (Fudo Myoo Roshi) is a lineage dharma teacher and Rinzai Zen master, the 84th ancestor of Lin-Chi I-Chuan's Chan lineage. He is a 6th degree Black Belt in Aikido and a life-long practitioner and teacher of Chinese Internal Arts and Qigong. Teaching Internationally (in China and Europe), Teja integrates meditation, dharma, with qigong/neigong's somatic skills as embodied mindfulness. He conducts teacher-trainings and in-depth practice sessions along with regular online classes and has taught over 150 retreats at Spirit Rock Meditation Center since 1999. Teja is committed to the lifelong pursuit and mastery of these evolving teachings and disciplines, as well as to the ethical and empowering communication and transmission of their essential qualities for universal benefit.

Image Source: <https://www.tejabell.com/teja-bell/>



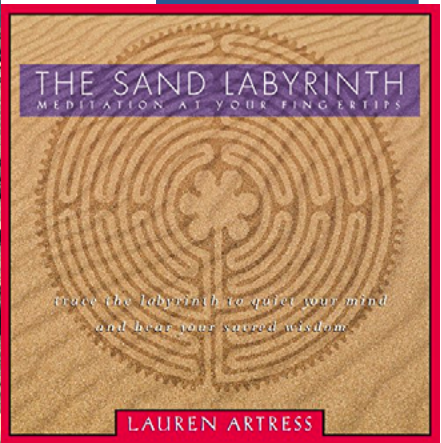
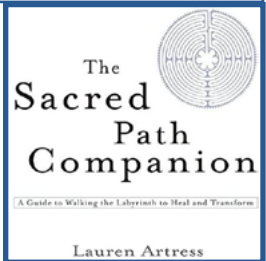
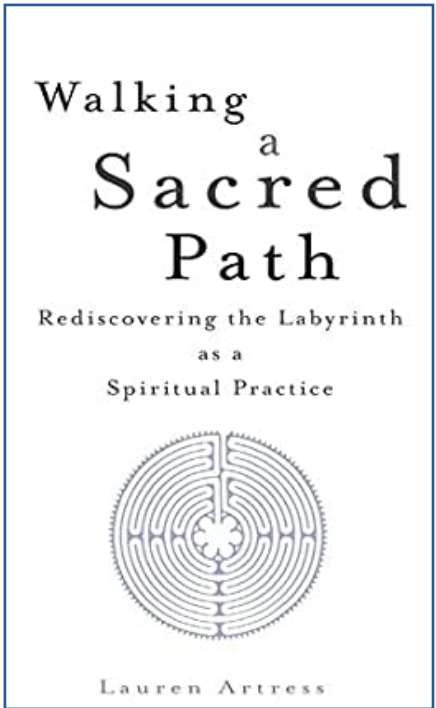
7:00-8:30PM

THE WISDOM OF THE LABYRINTH: ITS HISTORY, MYSTERY, AND MODERN USES WITH LAUREN ARTRESS, D. MIN

For thousands of years, archetypal labyrinth patterns have been used as a powerful tool for resolving problems, accessing inner peace, and aligning oneself spiritually. A simple, yet highly effective practice, walking or tracing a labyrinth quiets the mind and takes you to a place where you can hear your own wisdom with clarity and calmness. Author Lauren Artress, the founder of Veriditas, the Worldwide Labyrinth Project, and renowned expert on the subject, will present a lively lecture preparing participants to fully enjoy the benefits of the labyrinth. Her session will include both historical and modern applications of the practice of labyrinth walking including stress reduction, community building, and psychological and spiritual transformation. Also, during the session, participants will be guided in a direct labyrinth experience through the use of a finger-tracing-tabletop labyrinth for home use.

The Reverend Dr. Lauren Artress is the author of *Walking a Sacred Path*, *Sacred Path Companion*, and *The Sand Labyrinth Kit*, and has been cited in over fifty books. She is an Honorary Canon at Grace Cathedral, San Francisco, in acknowledgment for her innovative, worldwide work with the labyrinth as a spiritually integrative tool. In 1996 Lauren created Veriditas, a non-profit dedicated to introducing people to the healing, meditative powers of the labyrinth. She travels worldwide offering workshops and lectures on the labyrinth, on the spiritual hunger of our times, and on psycho-spiritual topics such as forgiveness, self-acceptance, finding your life's purpose, and reconciliation.

She is also inspired by and an expert on Hildegard of Bingen. In addition to Lauren's ordination as an Episcopal priest, she is a spiritual mentor and is a licensed MFT psychotherapist focusing on the creative process, psycho-spiritual issues, and helping others find their soul assignments. She is the creator of a radio show on VoiceAmerica.com called "The Wisdom of the Labyrinth" and is Co-Director of The Art of Spiritual Direction at Wisdom University. Lauren is a Diplomate in the American Association for Pastoral Counselors and a Clinical Member of the American Association for Marriage and Family Therapists. She sits on the Editorial Board of Presence Magazine, published by Spiritual Directors International.



7:30-8:15AM

PAUSE GUIDED PRACTICE #8 BEING PRESENT TO EMBODIMENT — THE COLLABORATIVE DANCE OF LIFE IN THE BODY WITH TIA RICH, PhD

Deepen your delight in living more fully in tune with your body! Tia Rich, PhD, will guide gentle contemplative movements including simple self-massage practices and pleasant stretches focused on revitalizing the face, neck, shoulders, hands, and feet. Moment by moment, staying present with each sensation, this session offers the opportunity to fully experience life in your body. Explore the sensations of when the air becomes breath, water becomes moist skin, and sunlight and movement become warm hands and feet. Please bring a cup of water to drink, wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Tia Rich, PhD, is founder and director of Contemplation By Design™. As a Lecturer in the Stanford School of Medicine, she is the principal instructor for the Contemplation by Design: Applied Contemplative Science concentration within the Stanford Community Health and Prevention Research Master of Science program. Dr. Rich has been integrating contemplative practices, including yoga and mindfulness, and compassion meditation, into health and well-being community programs and research projects at Stanford University since 1984.



9:00-10:30AM

MOVEMENT AS MEDICINE: ELEMENTAL QIGONG FOR NOURISHING BODY, MIND AND SPIRIT WITH MIMI KUO-DEEMER, MA

At the heart of the ancient Chinese healing art of qigong, which means skilfully cultivating life energy, is the idea that nature is balanced and harmonious. When we orientate towards this balance through regular qigong practice, we have the potential to restore our health and be more fully alive. Nourishment is also what all living creatures – plants and animals alike – seek to ensure their steady growth and health. In this session, Mimi will share how qigong’s gentle movements and breathing practices can connect us to the source of nourishment we human beings seek in order to: replenish our vitality when it seems depleted or scarce; manage our energy level; and support the health of our body, mind and spirit. This talk will be followed by a qigong movement practice open to all levels, experiences and abilities. Participants will also be offered time for Q&A.

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford’s class of ’94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.



12:15-1:30PM

SAMENESS AND DIFFERENCE WITH DIANE MUSHO HAMILTON

One Zen master has said that “The mind of unity is easy to achieve; it is the mind of difference that is difficult to attain.” Now, more than ever, we need to work with our differences: Personality differences, gender differences, cultural differences, differences in assumptions, values, and beliefs. This keynote lecture by Diane Musho Hamilton will give participants access to unity and shared humanity, as well as offer skills for including our differences.



- Sameness and difference in the body
- Soothe through listening; energize through expression
- Look at difference through a developmental lens
- Meditation for deeper unity.

Diane Musho Hamilton is a Zen teacher, author, professional mediator, and facilitator. She has been a practitioner of meditation for more than 35 years.

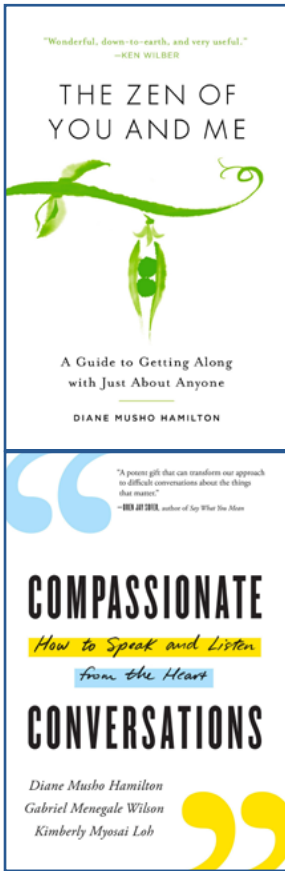
Diane began her studies at Naropa University in 1983 with Choygam Trungpa Rinpoche, and became a Zen student of Genpo Dennis Merzel Roshi in 1997. In 2003, she received ordination as a Zen monk and received dharma transmission in 2006. Diane facilitates Big Mind Big Heart, a process developed by Genpo Roshi to help elicit the insights of Zen in Western audiences. She has worked with Ken Wilber and the Integral Institute since 2004.

As the first Director of the Office of Alternative Dispute Resolution for the Utah Judiciary, Diane established mediation programs throughout the court system and won several prestigious awards for her work in this area.

Diane lives in Utah, where she is the Executive Director of Two Arrows Zen, a center for Zen study and practice, established in 2008 with her husband Michael Mugaku Zimmerman.

She is the author of *Everything is Workable: A Zen Approach to Conflict Resolution*, (Shambhala Publications, 2013) and *The Zen of You and Me: A Guide to Getting Along with Just About Anyone*, (Shambhala Publications, 2017). Her most recent book, coauthored with Gabriel Wilson and Kimberly Loh, is *Compassionate Conversations: How to Speak and Listen from the Heart*, (Shambhala Publications, 2020.)

She is also a contributor to *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women*, (Wisdom Publications, 2013) and *The Dharma of Dogs: Our Best Friends as Spiritual Teachers*, Tami Simon, ed., (Sounds True, 2017.)



4:30-5:45PM

A HISTORY OF QI WITH HEINER FRUEHAUF, PhD

This presentation will explore the philosophical concepts surrounding the topic of vital energy in China and their historical development. Before this cultural background, the practical applications of qi in the related domains of Chinese medicine, nourishing life practices and the martial arts will be discussed from a variety of angles.



Heiner Fruehauf, PhD is the Founding Professor of the College of Classical Chinese Medicine at National University of Natural Medicine in Portland, Oregon. He lectures in North America, Europe and China, and has authored a wide variety of articles and textbooks in the field of Chinese medicine. His interest in preserving some of the traditional features of East Asian medicine led him to develop a database dedicated to the archiving of classical knowledge, where a selection of his publications can be accessed (ClassicalChineseMedicine.org). His strong belief in the clinical efficacy of Chinese herbal medicine led him to found The Healing Order, a wellness center in the Columbia River Gorge specializing in the holistic treatment of difficult and recalcitrant diseases.

9:00-9:45AM

iPAUSE GUIDED PRACTICE #9 A CALM HEART: QIGONG FOR THE FIRE PHASE/ ELEMENT, WITH MIMI KUO-DEEMER, MA

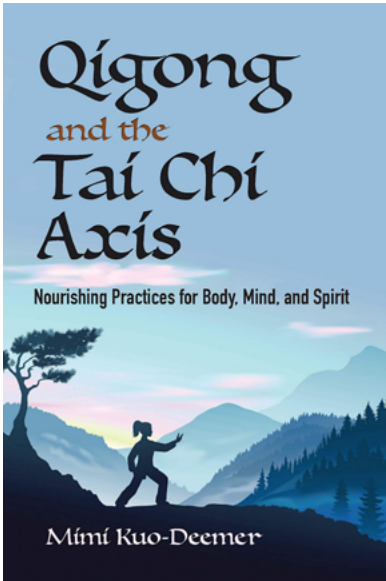
This session is the first in the 5-part morning series building on Mimi Kuo-Deemer's Lecture, Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit on Friday, Oct. 28, at 9-10:30am.

This iPause experiential session will offer qigong forms associated with the Fire phase/element, which corresponds to a calm, nourished, and spacious heart. Open to all levels, experiences, and abilities

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

You are invited to join one or all of the sessions in the series:
Oct. 29, A Calm Heart: Qigong for the Fire Phase/Element
Oct. 30, Effortless Rest: Qigong for the Water Phase/Element
Oct. 31, Balancing Opposing Forces: Qigong for the Earth Phase/Element
Nov. 1, Rooted Resilience: Qigong for the Wood Phase/Element
Nov. 2, Nourishing Our Grief : Qigong for the Metal Phase/Element

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford's class of '94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.

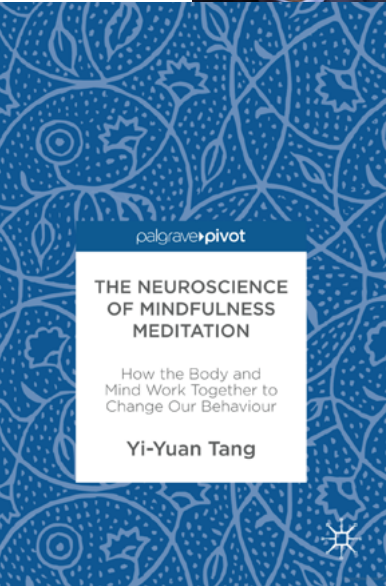


10:15-11:30AM

CONTEMPLATIVE NEUROSCIENCE: WHAT WE KNOW AND WHAT WE DON'T KNOW WITH YI-YUAN TANG, PHD

Contemplative neuroscience focuses on the changes within the mind/brain and body/physiology as a result of contemplative practices, such as mindfulness-based meditation, tai chi, or yoga. This talk will first summarize the latest research findings in the contemplative neuroscience field using interdisciplinary approaches such as brain imaging, physiological recordings, and behavioral measures. The talk will then discuss how to apply neuroscience-based strategies to improve contemplative practices through bodifulness and mindfulness. The remaining questions and future directions will be also pointed out. Participants will have the opportunity to ask questions during the Q&A portion of this event.

Yi-Yuan Tang, PhD, is a Professor and Director of the Health Neuroscience Collaboratory at Arizona State University. He studies the neuroscience of cognitive, physical, and mental health and behavior change over the lifespan and has published 10 books and over 300 peer-reviewed articles. He is the founder of an effortless contemplative practice, integrative body-mind training (IBMT) originated from ancient Eastern traditions such as traditional Chinese medicine and Zen.



12:30-2:00PM

INTERNAL ALCHEMY QIGONG: A PRACTICAL INTRODUCTION TO THE CULTIVATION OF QI WITH HEINER FRUEHAUF, PhD

(Interactive Workshop)

This experiential workshop will teach several nourishing life practices of the Jinjing Tradition of Daoist Internal Alchemy, an ancient system for cultivating health and longevity developed in the sacred mountains of Western China. The exercise sequence will consist of two simple movement practices, followed by a sitting meditation.

Dr. Fruehauf also is delivering a lecture titled, "The History of Qi" on Friday, Oct. 28 at 4:30pm. The lecture and workshop are part of Stanford's Contemplation by Design Summit.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Heiner Fruehauf, PhD, is the Founding Professor of the College of Classical Chinese Medicine at the National University of Natural Medicine in Portland, Oregon. He lectures in North America, Europe and China, and has authored a wide variety of articles and textbooks in the field of Chinese medicine. His interest in preserving some of the traditional features of East Asian medicine led him to develop a database dedicated to the archiving of classical knowledge, where a selection of his publications can be accessed (ClassicalChineseMedicine.org). His strong belief in the clinical efficacy of Chinese herbal medicine led him to found The Healing Order, a wellness center in the Columbia River Gorge specializing in the holistic treatment of difficult and recalcitrant diseases.



3:00-5:30PM

INTEGRATED HOLISITC YOGA: MINDFULLY EMBODIED PRACTICE TO CULTIVATE HEALTH AND RESILIENCE WORKSHOP WITH CHRIS BREMS, PhD AND HEATHER FREEMAN, PsyD

(INTERACTIVE WORKSHOP)

Integrated holistic yoga is a mindfully embodied practice committed to the cultivation of health and resilience in all layers of self or consciousness. It is a practice that honors each individual practitioner in their unique grounding in a biopsychosociocultural context and in all of their layers of experience. It develops resilience in body, vitality, mind, emotions, actions, and relationships. It honors and emphasizes our profound grounding in relationship and mutuality, and our responsibility to cultivate and bring to bear self-awareness and compassion in our communities. This gentle movement practice explores somatic mindfulness, affective consciousness, mental and emotional experiences, and reactivities — all in support of cultivating awareness, compassion, and wisdom.

A conceptual introduction and opportunity for debriefing will be included in this interactive workshop. This Workshop builds upon Dr. Brems' Lecture on Integrated Holistic Yoga presented on Oct. 15 at 5:15pm.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

Chris Brems, PhD, ABPP, C-IAYT, ERYT500 is a Clinical Professor in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine and Director of YogaX, an innovative program dedicated to bringing yoga teachings into healthcare. Dr. Brems integrates yoga, mindfulness, integrative interventions, and self-care in her work as a psychologist, teacher, researcher, mentor, supervisor, consultant, author, administrator, and service provider. She grounds her work in yoga psychology based on ancient and modern texts, as well as in current research, especially in psychology, neuroscience, and interpersonal neurobiology. She honors trauma-sensitive teaching practices and cultural sensitivity, inclusivity, and humility. She encourages individual tailoring of the eight limbs of yoga to the contexts and needs of each practitioner, offering variations that make yoga accessible to all.

Heather Freeman, PsyD, ERYT500 is the Manager of YogaX, an innovative program dedicated to bringing yoga teachings into healthcare, housed in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine. Dr. Freeman has extensive yoga and clinical experience in college counseling, primary care, and community mental health. She has led yoga classes, workshops, and trainings in studios, community centers, community mental health settings, on college campuses, in a psychiatric hospital, and in a prison. She synthesizes the ancient wisdom of the teachings of yoga with modern psychology and neuroscience to make the teachings accessible. Her therapy and teaching styles aim to help individuals cultivate curiosity and radically accept what it is to be constantly changing, growing, and evolving human beings.



9:45-10:00AM

PAUSE GUIDED PRACTICE #10 EFFORTLESS REST: QIGONG FOR THE WATER PHASE/ELEMENT WITH MIMI KUO-DEEMER, MA



This sessions is the second in the 5-part series building on Mimi Kuo-Deemer's Lecture, Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit on Friday, Oct. 28, at 9-10:30am. Feel free to join all or one fo the sessions.

In this qigong practice, we will focus on the fluid, soft strength of the Water Phase/Element, which relates to stillness, quiet and rest in qigong and Chinese medicine. Open to all levels, experiences and abilities.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

You are invited to join one or all of the sessions in the series:
Oct. 29, A Calm Heart: Qigong for the Fire Phase/Element
Oct. 30, Effortless Rest: Qigong for the Water Phase/Element
Oct. 31, Balancing Opposing Forces: Qigong for the Earth Phase/Element
Nov. 1, Rooted Resilience: Qigong for the Wood Phase/Element
Nov. 2, Nourishing Our Grief : Qigong for the Metal Phase/Element

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford's class of '94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.



11:00AM-12:30PM

HEALING COLLECTIVE TRAUMA WITH THOMAS HÜBL

Thomas Hübl, author of *Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds* and founder of The Pocket Project, invites you into a new understanding of what collective trauma is, its individual and systemic effects, as well as practices and processes for healing.

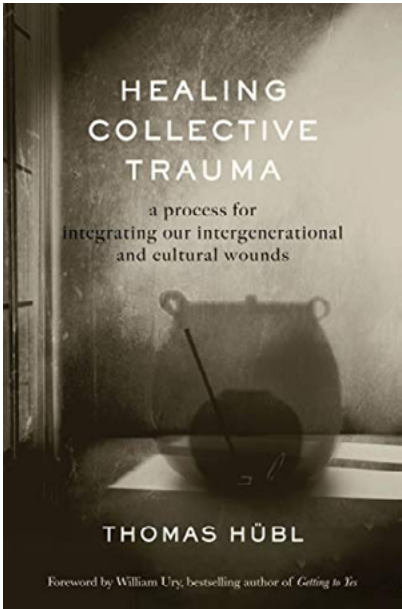
This 90-minute workshop first will provide participants a pioneering framework to address and integrate individual, ancestral and collective trauma to heal the wounds from the past, to move humanity toward a path of creativity, effective collaboration and innovation.

Second, workshop participants will receive a guided “3 Sync” practice that offers the opportunity to expand beyond the thinking mind into more embodied sensing capacities of the physical, emotional, and mental layers of being.

Thomas Hübl will share insights regarding how the "3 Sync" experience affects embodiment and contemplative practices. He will illuminate ways in which living from a more regulated place, allows each of us to live more fully and to participate in society as engaged citizens of the world — receptive to new perspectives, available for innovation, and able to relate in both beautiful and challenging times in life.

The final portion of this workshop will be a live Q&A discussion.

Thomas Hübl is a renowned teacher, author, and international facilitator whose lifelong work integrates the core insights of the great wisdom traditions and mysticism with the discoveries of science. Since the early 2000s, he has been leading large-scale events and courses that focus on the healing and integration of trauma. His non-profit organization, The Pocket Project, works to support the healing of collective trauma throughout the world. His book *Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds* outlines the “Collective Trauma Integration Process” as a safe framework for guiding groups through collective trauma healing.



1:00-3:00PM

EVOLVING WORLD VIEWS WITH DIANE MUSHO HAMILTON

(Interactive Workshop)



In this experiential session, Diane Musho Hamilton will guided a journey through evolving world-views, and demonstrate how we can cultivate our capacity for more complexity, competence, and compassion. The session builds upon Hamilton's Lecture titled "Sameness and Difference" delivered on Friday, Oct. 28 at 12:15pm.

This interactive program will interactively explore four developmental levels: ego-centric, ethno-centric, world-centric, and kosmic-centric, drawing upon the work of Ken Wilber. The session will close with practical advice for how to integrate your workshop experience into your daily activity, leadership, civic engagement, and service.

Studies in human development describe that we move from narrower perspectives to greater ones that are wider and more inclusive. When we learn to recognize these differing world-views and work with them in ourselves and in others, we grow in our competence and capacities as change-makers and global citizens.

Diane Musho Hamilton is a Zen teacher, author, professional mediator, and facilitator. She has been a practitioner of meditation for more than 35 years.

Diane began her studies at Naropa University in 1983 with Choygam Trungpa Rinpoche, and became a Zen student of Genpo Dennis Merzel Roshi in 1997. In 2003, she received ordination as a Zen monk and received dharma transmission in 2006. Diane facilitates Big Mind Big Heart, a process developed by Genpo Roshi to help elicit the insights of Zen in Western audiences. She has worked with Ken Wilber and the Integral Institute since 2004.

As the first Director of the Office of Alternative Dispute Resolution for the Utah Judiciary, Diane established mediation programs throughout the court system and won several prestigious awards for her work in this area.

Diane lives in Utah, where she is the Executive Director of Two Arrows Zen, a center for Zen study and practice, established in 2008 with her husband Michael Mugaku Zimmerman.

She is the author of *Everything is Workable: A Zen Approach to Conflict Resolution*, (Shambhala Publications, 2013) and *The Zen of You and Me: A Guide to Getting Along with Just About Anyone*, (Shambhala Publications, 2017). Her most recent book, coauthored with Gabriel Wilson and Kimberly Loh, is *Compassionate Conversations: How to Speak and Listen from the Heart*, (Shambhala Publications, 2020.)

She is also a contributor to *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women*, (Wisdom Publications, 2013) and *The Dharma of Dogs: Our Best Friends as Spiritual Teachers*, Tami Simon, ed., (Sounds True, 2017.)



4:00-4:45PM

PAUSE GUIDED PRACTICE #11, BODY SCAN MINDFULNESS MEDITATION WITH TIA RICH, PhD

Join us to enjoy a body-based mindfulness meditation that offers rest and renewal. The session will include progressive muscle relaxation, guided imagery, intention setting, and facets of the modern form of Yoga Nidra.

योग नदिरा, yoga nidrā, is the Sanskrit term that translates to yogic sleep. It is described in the 15th century *Yoga Pradīpikā* is a classic fifteenth-century Sanskrit manual on haṭha yoga, written by Svātmārāma. It also is noted in the Hindu epic the *Mahabharata* as a special state of consciousness and deep rest.

Modern research has found that Yoga Nidra improves sleep, promotes relaxation and healing, and represents an effective tool in reducing both cognitive and physiological symptoms of anxiety.

Please have a quiet space cleared in which you can lie down as well as sit. Also, please bring a pillow to support your head, a blanket for warmth, and an eye pillow or washcloth to cover your eyes. All are welcome to participate. Refresh and revitalize yourself during this guided practice of a body scan.

Tia Rich, PhD, is founder and director of Contemplation By Design™. As a Lecturer in the Stanford School of Medicine, she is the principal instructor for the Stanford Community Health and Prevention Research— Contemplation by Design: Applied Contemplative Science Master of Science program. Dr. Rich has been integrating contemplative practices, including yoga, mindfulness, and compassion meditation, into health and well-being community programs and research projects at Stanford University since 1984.



7:30-8:15AM

PAUSE GUIDED PRACTICE #12 BALANCING OPPOSING FORCES: QIGONG FOR THE EARTH ELEMENT/PHASE WITH MIMI KUO-DEEMER, MA

This sessions is the third in the 5-part series building on Mimi Kuo-Deemer's Lecture, Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit on Friday, Oct. 28, at 9-10:30am. Feel free to join all or one of the sessions.

This practice session will offer qigong forms associated with the Earth phase/element, which reflects the ability to find ease and stay centered amidst the many opposing forces that may be at work in our everyday lives. Open to all levels, experiences and abilities.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

- You are invited to join one or all of the sessions in the series:
- Oct. 29, A Calm Heart: Qigong for the Fire Phase/Element
 - Oct. 30, Effortless Rest: Qigong for the Water Phase/Element
 - Oct. 31, Balancing Opposing Forces: Qigong for the Earth Phase/Element
 - Nov. 1, Rooted Resilience: Qigong for the Wood Phase/Element
 - Nov. 2, Nourishing Our Grief : Qigong for the Metal Phase/Element

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford's class of '94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.



7:30-8:15AM

PAUSE GUIDED PRACTICE #13 ROOTED RESILIENCE: QIGONG FOR THE WOOD PHASE/ELEMENT WITH MIMI KUO-DEEMER, MA

This session is the fourth in the 5-part series building on Mimi Kuo-Deemer's Lecture, Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit on Friday, Oct. 28, at 9-10:30am.

In this qigong practice, we will explore forms associated with the Wood phase/element's resilience, flexibility and rooted growth. Open to all levels, experiences and abilities.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

- You are invited to join one or all of the sessions in the series:
- Oct. 29, A Calm Heart: Qigong for the Fire Phase/Element
 - Oct. 30, Effortless Rest: Qigong for the Water Phase/Element
 - Oct. 31, Balancing Opposing Forces: Qigong for the Earth Phase/Element
 - Nov. 1, Rooted Resilience: Qigong for the Wood Phase/Element
 - Nov. 2, Nourishing Our Grief : Qigong for the Metal Phase/Element

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford's class of '94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.



7:30-8:15AM

PAUSE GUIDED PRACICE #14 NOURISHING OUR GRIEF: QIGONG FOR THE METAL PHASE/ELEMENT WITH MIMI KUO-DEEMER, MA

This sessions is the fifth in the 5-part series building on Mimi Kuo-Deemer's Lecture, Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit on Friday, Oct. 28, at 9-10:30am. Feel free to join all or one of the sessions.

This final qigong session in the series will share practices associated with the Metal Phase/Element, which relates to the strength, dignity and courage to let go and learn to treasure what is of most value in our lives. Open to all levels, experiences, and abilities.

Please wear comfortable clothing for gentle movement, and have a quiet space cleared in which you can lie down as well as sit.

- You are invited to join one or all of the sessions in the series:
- Oct. 29, A Calm Heart: Qigong for the Fire Phase/Element
 - Oct. 30, Effortless Rest: Qigong for the Water Phase/Element
 - Oct. 31, Balancing Opposing Forces: Qigong for the Earth Element/Phase
 - Nov. 1, Rooted Resilience: Qigong for the Wood Phase/Element
 - Nov. 2, Nourishing Our Grief : Qigong for the Metal Phase/Element

Mimi Kuo-Deemer, MA, is the author of *Qigong and the Tai Chi Axis: Nourishing Practices for Body, Mind and Spirit* and *Xiu Yang: The Ancient Chinese Art of Self-Cultivation*. She teaches qigong, internal martial arts (6th generation lineage holder in Baguazhang) and meditation, and once traveled the world as a photojournalist for organizations such as The New York Times, UNDP and UNESCO. Since graduating with Stanford's class of '94, she has lived and worked in China and the United States before settling in the British countryside with her husband and their dog, three cats, 6 chickens and 60,000 bees. She champions the balance of playfulness and precision as the best way forward in life, and never underestimates how sitting, breathing, and conscious movement grant the clearest and most compassionate perspective on the joyful yet mysterious, messy, and unpredictable job of being human.



SUN. 10/09

7:00PM

Introduction to the 2022 Summit on Contemplative Skills for Enlivening the Body and Calming the Mind to Cultivate Individual and Societal Healing and Transformation,
Tia Rich, PhD, Director, Contemplation By Design

MON. 10/10

7:45AM

Healing Trauma in the Brain, Mind, and Body: A three-session series, Dr. Bessel van der Kolk

12:00PM

Polyvagal Theory, the Body and How to Heal Prevalent Aspects of Trauma, Dr. Bessel van der Kolk

TUE. 10/11

7:45AM

Trauma-specific Treatment Interventions including Contemplative Practices and Other Non-pharmacological Methods and Activities, Dr. Bessel van der Kolk

12:15PM

Taking a Situated Approach to the Design of Contemplative Practices and Interventions,
Lawrence Barsalou, PhD

5:15PM

Postmetaphysical Spirituality and the Embodied Mind, Bruce Alderman, MA

WED. 10/12

7:30AM

iPause Guided practice #1, Kum Nye Yoga: The Body's Recollection of Being—Inner Massage,
Bruce Alderman, MA

10:00AM

Body as Healer, Peter Levine, PhD

12:00PM

Integrating Embodied Mindfulness: 7 Principles for Actualizing the Benefits of Somatic Practice,
Teja Bell (Fudo Myoo Roshi)

5:15PM

Body, Soul, and World: The holistic path of Jewish spirituality, Rebecca Schisler

7:00PM

Homecoming: Applying Holistic Interventions and Liberation Psychology to Trauma Recovery,
Thema Bryant, PhD

THU. 10/13

7:30AM

iPause Guided practice #2, Kum Nye: The Body's recollection of Being—Tasting relaxation,
Bruce Alderman, MA

8:30AM

Embodied Flourishing in Tibetan Medicine: Cultivating Wellness in Connection, Tawni Tidwell, PhD

12:15PM

Taijiquan: Contemplative movement rooted in Taoism and Traditional Chinese Medicine, Hong Yang, MBA

5:15PM

iPause Guided practice #3, Establishing the Foundations for a Supportive and Flourishing Qigong Practice,
Teja Bell (Fudo Myoo Roshi)

7:00PM

Patrisse Cullors in conversation with Elaine Ray about 12 Steps to Transform your Self and the World

FRI. 10/14

7:30AM

iPause Guided practice #4, Kum Nye: The Body's recollection of Being-Integration, Bruce Alderman, MA

12:15PM

Radical Responsibility: Integrating individual and collective responsibility for personal and social transformation, Fleet Maull, PhD

5:15PM

iPause Guided practice #5, The skill of whole body breathing and synchronous movement,
Teja Bell (Fudo Myoo Roshi)

7:00PM

Restorative Practices for Well-being, Gabriel Kram

SAT. 10/15

9:00AM

Restorative Practices Alliance, Gabriel Kram (Interactive Workshop)

1:00PM

Radical Responsibility: Skill-building for self-empowerment and personal freedom, Fleet Maull, PhD
(Interactive Workshop)

3:30PM

Tai Chi, Taoist Movement Practices, Hong Yang, MBA (Interactive Workshop)

5:15PM

Integrated Holistic Yoga: Mindfully Embodied Practice to Cultivate Healing and Resilience,
Chris Brems, PhD

7:00PM

The Awakened Brain: The new science of spirituality and our quest for an inspired life, Lisa Miller, PhD

SUN. 10/16

11:00AM

University Public Worship (UPW), Calm in Tumult, Rev. Aaron Grizzell (In-person in Stanford Memorial Church)

12:15PM

Guided Meditation, Rev. Aaron Grizzell (In-person in Stanford Memorial Church)

3:00PM

iPause Guided practice #6, Pranayama, Yoga Breathing Practices, Richard Rosen

5:15PM

iPause Guided practice#7, Deepening the profound integration spirit, mind, and body,
Teja Bell (Fudo Myoo Roshi)

7:00PM

The Wisdom of the Labyrinth: Its History, Mystery, and Modern Uses, Lauren Artress, D. Min

FRI. 10/28

7:30AM

iPause Guided practice #8, Tia Rich, PhD

9:00AM

Movement as Medicine: Elemental Qigong for Nourishing Body, Mind and Spirit, Mimi Kuo-Deemer, MA

12:15PM

Sameness and Difference, Diane Musho Hamilton

4:30PM

A Brief History of Qi, Heiner Fruehauf, PhD

SAT. 10/29

9:00AM

iPause Guided practice #9, A Calm Heart: Qigong for the Fire Phase/Element, Mimi Kuo-Deemer, MA

10:15AM

Contemplative Neuroscience, Yi-Yuan Tang, PhD

12:30PM

Internal Alchemy Qigong: A Practical Introduction to the Cultivation of Qi, Heiner Fruehauf, PhD
(Interactive Workshop)

3:00PM

Integrated Holistic Yoga: Mindfully Embodied Practice to Cultivate Health and Resilience Workshop,
Chris Brems, PhD and Heather Freeman, PsyD (Interactive Workshop)

SUN. 10/30

9:45AM

iPause Guided practice #10, Effortless Rest: Qigong for the Water Phase/Element, Mimi Kuo-Deemer, MA

11:00AM

Healing Collective Trauma, Thomas Hübl

1:00PM

Evolving World Views, Diane Musho Hamilton (Interactive Workshop)

4:00PM

iPause Guided practice #11, Body Scan Mindfulness Meditation, Tia Rich, PhD

MON. 10/31

7:30AM

iPause Guided practice #12, Balancing Opposing Forces: Qigong for the Earth Phase/Element,
Mimi Kuo-Deemer, MA

TUE. 11/1

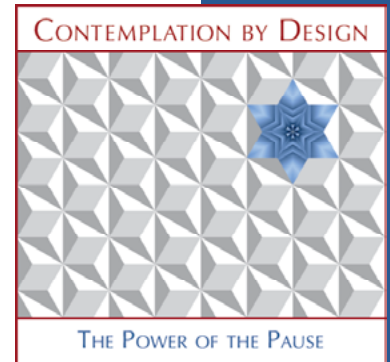
7:30AM

iPause Guided practice #13, Rooted Resilience: Qigong for the Wood Phase/Element, Mimi Kuo-Deemer, MA

WED. 11/2

7:30AM

iPause Guided practice #14, Nourishing Our Grief: Qigong for the Metal Phase/Element, Mimi Kuo-Deemer, MA



OCTOBER 9TH - NOVEMBER 2ND, 2022
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Color Key: **Blue titles**=practicum-focused sessions **Black titles**=lecture format with some practicum