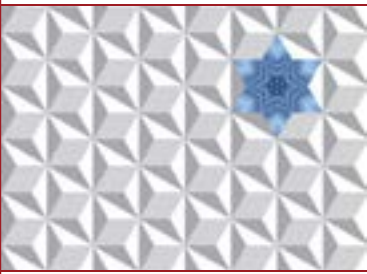


CONTEMPLATION BY DESIGN



— THE POWER OF THE PAUSE —

## Contemplation by Design Summit

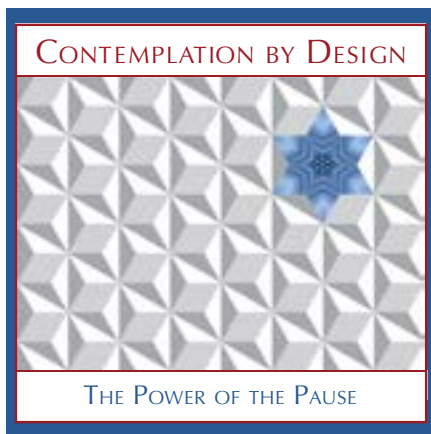
OCTOBER 29 - NOVEMBER 7, 2019

Please join us for a Series of Special Stanford Events Celebrating

**Contemplation: *The Power of the Pause***

[contemplation.stanford.edu](http://contemplation.stanford.edu)





## PLEASE JOIN US OCTOBER 29 – NOVEMBER 7, 2019

for the FREE Contemplation by Design Summit events offering research on the neuroscience of contemplation, skill-building opportunities and refreshing contemplative experiences from Stanford's natural beauty and campus arts.

Each event is designed to bring the Stanford community together in experiencing the importance of quieting the striving mind and refreshing oneself through quiet contemplation. Experience ways of being that nourish and sustain wise, purposeful engagement.

Faculty, staff, students and members of the community are invited to REGISTER at [contemplation.stanford.edu/summit](https://contemplation.stanford.edu/summit)

### ABOUT THE PROGRAM

Contemplation By Design Summit is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause. Visit the website at [contemplation.stanford.edu](https://contemplation.stanford.edu)

Faculty, staff, students and members of the greater 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, and
- peace.

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

### PROGRAM COMPONENTS

Quarterly Classes

[contemplation.stanford.edu/classes](https://contemplation.stanford.edu/classes)

Online Learning

Videos: [contemplation.stanford.edu/archives](https://contemplation.stanford.edu/archives)

Research Articles and Audio Files: [contemplation.stanford.edu/resources](https://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, 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](https://contemplation.stanford.edu/donate)

A BeWell Berry is awarded to faculty and staff for each Berry designated Summit session for which you complete registered participation.

NOTE: For participation in the PEACE Guided Meditations, a BeWell Berry is awarded for registered attendance at 6 of the PEACE Guided Meditations offered during the Summit.

**Register at [tickets.stanford.edu](https://tickets.stanford.edu)**

Full information about Contemplation by Design is available at: [contemplation.stanford.edu](https://contemplation.stanford.edu)

## 2019 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.

BeWell Berries are awarded to faculty/staff for registered participation in Berry designated Summit sessions. BeWell Berry designation is noted for each session in the descriptions on the Stanford Ticket Office registration website.

## P.E.A.C.E. GUIDED MEDITATIONS DURING CONTEMPLATION BY DESIGN SUMMIT

Guided Meditation sessions are offered in the mornings and evenings throughout the ten-day Summit at locations on the main and satellite Stanford campuses. 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 Guided Meditation leaders 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 P.E.A.C.E. symbol marks all the Guided Meditations in this brochure.

You also can view the current CBD quarterly calendar of ongoing group meditation opportunities on campus [here](#).

### 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.

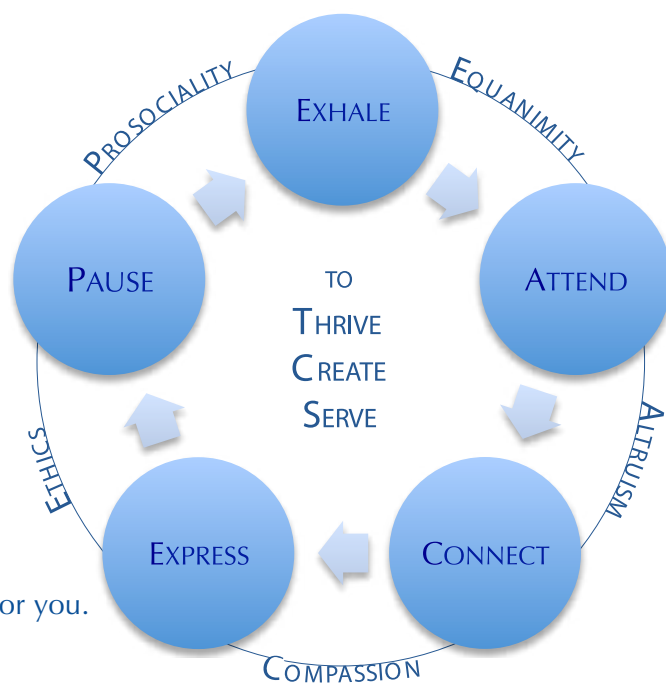
Awaken to what you see, hear, taste, smell, touch.  
Listen to nature sounds, or silence.  
Rest your mind. Watch a thought. Let it go.  
Observe a feeling. Take care of yourself. Renew.

### 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, or being compassionate toward yourself or another person, or giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.



12:00-1:00pm  
Stanford Redwood  
City, Campus  
Cardinal Hall,  
Rooms 104-105,  
Redwood City, CA  
94063

### CONTEMPLATIVE SKILLS FOR P.E.A.C.E. with TIA RICH, PhD

Welcome to the 2019 Contemplation by Design Summit. In this session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the striving mind, engage the senses, relax and replenish. We will explore the fundamental role of contemplative practices in creating a life of sustained excellence, service, joy, compassion, wisdom and health—a life lived fully. Learn practical evidence-based contemplative skills for enjoying the power of the pause. Activities will cultivate the 5 states of P.E.A.C.E.—Pause, Exhale, Attend, Connect, and Express—that support 5 P.E.A.C.E. traits—Prosociality, Equanimity, Altruism, Compassion, and Ethics. In addition to the P.E.A.C.E. framework that is the fundamental architecture of Contemplation by Design, the 2019 Summit sessions will follow an arc focused on 4 Ps: Presence, Practice, Perspective, and Public Service.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.



5:15-6:15pm  
SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

### HEALING QIGONG - CIRCULATION WITH DAVID WEI

The Chinese have an idiom, “Good circulation - good health.” From this view, stasis is the root cause of all degenerative conditions, making movement the primary means of preventative health care. Daoists have maintained countless methods of movement aimed to improve health by simply improving circulation.

Participants will learn to assess their own vascular health along with various methods for improving overall circulatory function. Both solo and partnered movements will be introduced.

No experience is necessary, all are welcome to enjoy the session.

**David Wei** is a 16th generation lineage holder for the Wudang San Feng Life Nourishment Sect. He has over 20 years of experience in Daoist arts and culture, with a specialization in Tui Na, a martial modality of acupressure and musculoskeletal alignment. David is also the founder of Wudang West, an Oakland based Heritage Center aimed to practice and preserve the cultural wellness arts of Wudang, China.



5:15-6:30pm  
Toyon Lounge, Toyon  
Hall, 455 Arguello  
Way, Stanford, CA  
94305

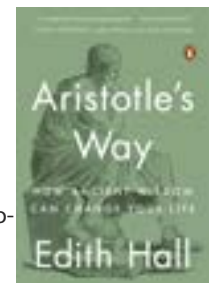
### PROFESSOR GRANT PARKER DISCUSSES ARISTOTLE’S WAY: HOW ANCIENT WISDOM CAN CHANGE YOUR LIFE

Discover how Aristotle can be a resource for your happiness. Professor Grant Parker, Stanford Dept. of Classics, chair 2015-18, will explore Aristotle’s practical ideas on virtue, work, friendship and happiness as portrayed in Edith Hall’s book *Aristotle’s Way*.

In a 2019 New York Times book review, John Kaag, professor of philosophy at the University of Massachusetts Lowell, wrote “Aristotelian life is...about identifying the particular talents or natural proclivities that each of us has, and then pursuing a path, consistently and deliberately, over the course of a life. This will make one deeply happy. Hall’s new book clears a rare middle way for her reader to pursue happiness, what the ancient Greeks called *eudaimonia*, usually translated as well-being or prosperity. This prosperity has nothing to do with the modern obsession with material success but rather ‘finding a purpose in order to realize your potential and working on your behavior to become the best version of yourself.’

‘*Aristotle’s Way* carefully charts the arc of a virtuous life that springs from youthful talent, grows by way of responsible decisions and self-reflection, finds expression in mature relationships, and comes to rest in joyful retirement and a quietly reverent death. Easier said than done, but Aristotle, Hall explains, is there to help.”

**Grant Parker** joined Stanford from Duke University in 2006. He teaches mostly Latin, as well as topics linked to the exotic and geographic elements of Roman imperial culture. His book, *The Making of Roman India*, was published in 2008, while new projects have addressed ancient travel literature as well as Rome’s Egyptian obelisks. His interest in classical reception is reflected in his 2001 book, *The Agony of Asar* (critical edition of a former slave’s defense of slavery, written in Latin [Leiden 1742]).





7:15-8:15pm  
or  
8:30-9:30pm  
Havana Room,  
Stanford Graduate  
Community Center,  
750 Escondido Rd,  
Stanford, CA 94305

### **SOUND BATH FOR PAUSING THE MIND AND REFRESHING THE BODY WITH DANNY GOLDBERG (click on a session below to enroll)**

Participants will lie down in Savasana to experience the sound vibrations of singing bowls, gongs and chimes as they guide us into a deep meditation. The vibrations pass through our bodies, opening blockages and allowing our minds to quiet. A wide range of ancient world traditions from Confucianism to the Pythagoreans claim that sound can both “tune the soul” and affect our community well-being. The physiological impact of sound on the body, emotions and cognition is apparent. Through the vibrations of these instruments we may experience an inner calm and deep relaxation that enables us to journey within and to center.

NOTE: Please bring a yoga mat or towel to lie on, and a blanket and a pillow for your comfort. Also wear sweater or sweatshirt and socks to be warm while lying still for an hour.

**Danny Goldberg, BFA**, is an artist and environmental educator who facilitates creative group activities for schools, retreats and groups around the Bay Area. He offers Sound Immersion Experience at yoga studios, healing centers and events throughout the U.S.



**7:15pm session**

**8:30pm session**



Education Center,  
Vaden Health Center,  
866 Campus Drive,  
Stanford, CA 94305

Donald Kennedy  
Room, Haas Center  
for Public Service,  
562 Salvatierra Walk,  
Stanford, CA 94305

Lucile Packard  
Children's Hospital  
Sanctuary, 725 Welch  
Road, Palo Alto, CA  
94304

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA  
94304

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

### **P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM** (click on a session below to enroll)

**Session 1:** A simple way to bring mindfulness practice into your life is with awareness of your body. This session provides a calm, balanced start to your day through mindful breathing and exercises that bring openness and connection to your body.

**Christy Matta**, BeWell Coach, HIP Wellness Manager at Stanford, and Author of *The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress*.



**Session 2:** Mary will lead a guided mindfulness meditation that helps center the mind and support awareness of our inner "weather report." All meditators are welcome, including anyone with prior experience, or no experience.

**Mary Raftery**, former Executive Director at Stanford Institute for Creativity and the Arts, is a meditation teacher through Residential Education.



**Session 3:** Join Diana Brady and Sarah Johnson in a Guided Meditation held in the Lucile Packard Children's Hospital Stanford Sanctuary, a beautiful and sacred space to experience interior silence. NOTE: Please allow 5-10 minutes prior to this session to register at the Lucille Packard Hospital's reception desk to receive a visitor's pass for entrance into the Sanctuary.

**Diana Brady** serves as the Director of Chaplaincy Services at Lucile Packard Children's Hospital Stanford. She has been a chaplain at Packard since March of 2013, primarily caring for patients and families in the NICU and at El Camino. Diana has a long history of spiritual care work, education and leadership, obtaining her Master of Divinity Degree at Princeton Theological Seminary in 1989. In addition, she is a Board Certified Chaplain through the Association of Professional Chaplains. Uniquely, Diana is a registered nurse by background, receiving her Bachelor's Degree in Nursing from the University of Virginia in 1979.

**Sarah Johnson**, MS, MTS, is Manager of Learning, Resilience and Organizational Development at Lucile Packard Children's Hospital Stanford where she supports and develops leaders and frontline staff in building inner resources for resilient well-being. She is a former Hospice nurse and chaplain and longtime practitioner in the contemplative traditions.



**Session 4:** Kafunyi will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 5:** Rejuvenate from your life source and inner being by discovering how to become centered in the moment—Here-Now— using your senses as a doorway. Learn to set your worries aside, unplug from non-stop thinking and enjoy a peaceful, clear mind.

**Tarika Lovegarden** is an author, founder and meditation teacher at Lovegarden Meditations, and an instructor at the Health Improvement Program.

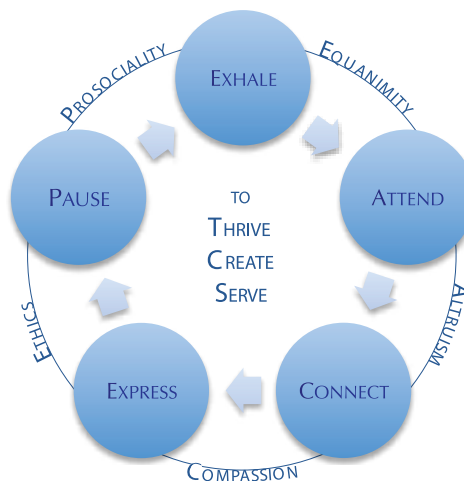


12:30-1:30pm  
Building 320,  
Room 105,  
Geology Corner  
Auditorium  
Stanford, CA  
94305

### CONTEMPLATIVE SKILLS FOR P.E.A.C.E. with TIA RICH

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**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.



5:15-6:45pm  
Bishop Auditorium,  
518 Memorial Way,  
Stanford, CA 94305  
(Location to be  
confirmed)

### CONTEMPLATIVE PRACTICES FOR PREVENTION AND TREATMENT OF TRAUMATIC STRESS IN YOUTH with VICTOR CARRION AND CHI KIM

The benefits and feasibility of children learning yoga and mindfulness practices in a school-based program will be presented by Dr. Carrion. He will share information about his work on early life stress and the integration of mindfulness practices into his treatment of youth who face adversity. In collaboration with Pure Edge, Inc. and the Ravenswood City School District, Dr. Carrion just completed a longitudinal multi-method study on the effectiveness of the Pure Power Curriculum. This curriculum integrates yoga and mindfulness practices. During the session, the audience will be introduced to the project and preliminary findings. Ms. Anne Contreras will introduce practices that were taught to the youth in the study. Preliminary findings include improvements in emotion regulation and academics.

**Victor G. Carrion**, MD, is the John A. Turner, MD, Professor of Child and Adolescent Psychiatry, as well as the Vice Chairman of Psychiatry and Behavioral Sciences. He directs a research program on Early Life Stress and Youth Resilience at Lucile Packard Children's Hospital at Stanford. Dr. Carrion's multi-disciplinary research on the behavioral, academic, emotional and biological effects of early trauma has led to the development and implementation of effective new interventions, including mindfulness, for treating children who experience traumatic stress.



**Chi Kim** is Chief Executive Officer of Pure Edge, Inc., a foundation dedicated to supporting the health and wellness of educators and learners. Prior to joining Pure Edge, she was a California school superintendent, school principal, teacher, leadership coach and program officer at the Bill & Melinda Gates Foundation. She is co-founder of the Teaching Garden program that was adopted by the American Heart Association to support heart health through school gardens. Chi is a 2018 Pahara-Aspen Education fellow, and serves as a trustee on two non-profit boards: The Collaborative of Academic, Social and Emotional Learning (CASEL), and Great Minds.







7:15-8:30pm  
Doors open at 7:00pm  
Campbell Recital Hall,  
541 Lasuen Mall,  
Stanford, CA 94305

### SOUND-BASED CONTEMPLATIVE PRACTICES CONCERT WITH MIRABAI & FRIENDS

This concert focuses on calming the mind and creating an experience of deep connection with the musicians, the other audience members and yourself. The leader will sing a Sanskrit word as a mantra, and the audience sings it back. This is known as Kirtan, the ancient contemplative practice of singing the names of the divine. Kirtan is a form of Bhakti Yoga, a spiritual path and practices within Hinduism focused on loving devotion towards a personal god. So often, our minds are filled with daily problems and concerns, and it is difficult to remember our connection to what is meaningful and to a higher purpose. Participation in Kirtan provides a way to rise above undue concern with minor matters of everyday life. No music experience is necessary.

**Mirabai Andrea Warkulwiz** leads Kirtan, singing and meditation with live instrumentation including harmonium, guitar, didgeridoo, flute, tamboura and more.



Fire Pit at Lake  
Lagunita at the inter-  
section of Mayfield  
Avenue and Lomita  
Drive

### P.E.A.C.E. GUIDED MEDITATIONS 9:00-10:00PM (click on a session below to enroll)

**Session 1:** Gather around a warm fire in the crisp night air to complete your day with a meditation practice grounded in natural elements. This guided meditation will enliven all five of your senses through exploration of the five natural elements: fire, earth, metal, water and wood. This practice will include exploration of the transformative power of fire and the role of the breath in igniting the energy (the fire) in our bodies, especially in the solar plexus and abdomen, and distributing the fire's soothing warmth throughout the body, mind and spirit.

NOTE: Please dress for being outside.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

**Mary Esther** serves as Program Coordinator for Contemplation by Design and as a Resident Fellow, along with her husband, in Branner Hall, Stanford's Public Service Theme dorm.



Donald Kennedy  
Room, Haas Center  
for Public Service,  
562 Salvatierra Walk

**Session 2:** Jeffery Martin will lead a Guided Meditation focused on cultivating a personal sense of well-being and developing tools for personal transformation in daily life. This session will include short examples of several meditation practices to introduce participants to the fact that different practices offer different benefits.

**Jeffery A. Martin**, PhD, is a founder of the Transformative Technology space, serial entrepreneur and social scientist who researches personal transformation and the states of greatest human well-being. He spent the last 10 years conducting the largest international study on persistent non-symbolic experience (PNSE), which includes the types of consciousness commonly known as: enlightenment, nonduality, the peace that passeth understanding, unitive experience, and hundreds of others. More recently, he has used this research to make systems available to help people obtain profound psychological benefits in a rapid, secular, reliable and safe way.





Donald Kennedy  
Room, Haas Center,  
562 Salvatierra Walk,  
Stanford, CA 94305

Rooftop, CERAS  
Building, Graduate  
School of Education,  
520 Galvez Mall

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

8:00am-9:00am  
Windhover  
Contemplative Center,  
370 Santa Teresa St,  
Stanford, CA 94305

## P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM (click on a session below to enroll)

**Session 1:** Robert Cusick will lead participants in a guided meditation session on the theme and intersection of “mindfulness in the service of cultivating compassion for self and others.”

**Robert Cusick** is a Certified Sr. Stanford CCTM (Compassion Cultivation Training) Instructor, Grief Counselor at Kara and a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



**Session 2:** Rejuvenate from your life source and inner being by discovering how to become centered in the moment—Here-Now— using your senses as a doorway. Learn to set your worries aside, unplug from non-stop thinking and enjoy a peaceful, clear mind.

**Tarika Lovegarden** is an author, founder and meditation teacher at Lovegarden Meditations, and an instructor at the Health Improvement Program.



**Session 3:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 4:** Sri will lead guided meditation on present moment awareness with expressions of gratitude, supported by light music. All levels of meditators are welcome.

**Sri Yellapregada** is the Senior Privacy Program Manager at the Stanford University Privacy Office.



## MINDFUL YOGA IN WINDHOVER WITH TIA RICH, PhD

Mindfulness and breath are central to yoga. They are also central to Stanford's beautiful contemplative space, Windhover. Begin your morning in the serenity of Windhover; join us for a mindful yoga practice. The practice will begin with sun salutations, and flow into standing and floor poses while helping you to listen to your body, and compassionately and wisely respect your capabilities. Suitable for all levels.

NOTE: Please bring your yoga mat.

**Tia Rich, PhD**, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.



12:00-1:00pm  
Campbell Recital  
Hall, 541 Lasuen  
Mall, Stanford, CA  
94305

### LIVING FROM OPEN AWARENESS — “WAKING UP” AS THE HEART OF CONTEMPLATIVE LIFE WITH DUSTIN DiPERNA, MA

With a blend of both theory and practice, this session will explore how fundamental shifts in identity and awareness serve as the foundation for a contemplative life. Together, we will discuss the implications of recent findings in the neuro-scientific study of advanced meditative states. We will examine how shifts in awareness can become persistent traits rather than simply temporary states. And we will explore a few basic tools you can use to bring meditation practice into your daily life.

**Dustin DiPerna, MA**, is a Harvard-trained scholar of world religions. He practices and studies in the Tibetan Buddhist meditation lineages of Mahamudra and Dzogchen under the guidance of Daniel P. Brown. Dustin is author of the books *Streams of Wisdom*, *Evolution's Ally*, and *Purpose Rising*. He is a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



5:15-6:30pm  
Cardinal Hall, Room  
145, 505 Broadway,  
Redwood City, CA  
94063

### CULTIVATING YOUR INNER COMPASS: NAVIGATING THE ROAD OF COMPETING VALUES WITH DOMINIQUE DEL CHIARO, MEd

In today's busy world, we are often at crossroads when it comes to making significant decisions. Our inner compass is the intrinsic sense of knowing, beyond the constant mind noise, social pressures and emotional triggers. We can connect to the deeper parts of ourselves in order to stand strong in our values, convictions and inner truth. Come explore how to cultivate, cherish and gain guidance from your inner compass.

**Dominique Del Chiaro, M.Ed.**, is the Senior Programs Manager for the Stanford Health Improvement Program (HIP). Dominique is devoted to offering quality wellness courses based in current research that address the needs of the community. Her vision is to create a culture of wellness where people feel empowered, supported and inspired to thrive. She is a seasoned instructor and trainer and has facilitated wellness courses for more than 25 years. In addition to managing the health education programs at HIP, Dominique teaches meditation and contemplative classes and is a dance and fitness instructor.



5:15-6:30pm  
Bishop Auditorium,  
518 Memorial Way,  
Stanford, CA 94305  
(Location to be confirmed)

### IDENTIFYING THE CONTEMPLATIVE PRACTICE THAT BEST FITS YOU AND YOUR NEEDS WITH JEFFERY A. MARTIN, PhD

All contemplative practices are not equally effective, and even the most effective ones aren't necessarily for everyone. For over a decade our research has shown that "finding your fit" is essential to maximize the effectiveness of contemplative practices. This session will outline the practical points from the research to date, and include an experiential component to help you identify the best practice or practices for you.

**Jeffery A. Martin, PhD**, is a founder of the Transformative Technology space, serial entrepreneur and social scientist who researches personal transformation and the states of greatest human well-being. He spent the last 10 years conducting the largest international study on persistent non-symbolic experience (PNSE), which includes the types of consciousness commonly known as: enlightenment, nonduality, the peace that passeth understanding, unitive experience, and hundreds of others.



Alway Building, Room  
M112  
300 Pasteur Drive  
Stanford, CA 94305

Donald Kennedy  
Room, Haas Center  
for Public Service,  
562 Salvatierra Walk

SLAC, Sonoma Room,  
2575 Sand Hill Road,  
Menlo Park, CA 94025

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA  
94304

Li Ka Shing Learning  
and Knowledge  
Center, Room 101,  
291 Campus Drive,  
Stanford, CA 94305

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

## P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM (click on a session below to enroll)

**Session 1:** This guided meditation takes participants through the practice of mindful awareness using the awareness of breathing as an anchor for staying in the moment and tuning into the sensory experiences of the body, of sounds, and even of thoughts that arise as one pays attention within oneself.

**Mark Abramson**, DDS, DABOP, DABDSM, DABOM, FAACP, TMJ and Dental Sleep Medicine, Adjunct Professor of Psychiatry and Behavior Sciences at Stanford University School of Medicine, Director of Stanford Mindfulness-Based Stress Reduction Clinic.



**Session 2:** Practices will focus on enhancing the positive qualities of awe, gratitude, and compassion.

**Fred Luskin**, PhD, Director of the Stanford University Forgiveness Project, Senior Consultant in Health Promotion at Stanford, Professor at the Institute for Transpersonal Psychology, Affiliate Faculty member of the Greater Good Science Center.



**Session 3:** Learn the technique of focusing the breath on letting go. This practice can be repeated many times throughout the day in order to de-activate stress reactivity and produce calm in the present moment.

**Patty McLucas** is the founder of Mindful Wellness and has more than 20 years of experience as a wellness consultant. She currently teaches classes in mindfulness for Stanford's Cancer Supportive Care Program and Health Improvement Program and has taught for other organizations including Apple and Google.



**Session 4:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain here at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 5:** In the practice of meditation Baha'is believe that human progress and the unity of humankind would not be possible without reflection and contemplation. When "meditation is bathed in the inner light and characterized with divine attributes, the results are confirmed". We will guide a meditation on the oneness of creation, using phrases that reflect and bring our attention to the unity of humanity.

**Lakshmi Tayyebi** is an Application Analyst in the Department of Comparative Medicine at Stanford University. Over the years, she has been a practitioner of a variety of contemplative practices and offers her experience to achieving stronger connections in our daily lives.

**Vera Michalchik** is the Learning Officer for Measurement, Evaluation and Learning at the Gordon and Betty Moore Foundation. She has been a great advocate for interfaith collaboration and a proponent of engaging communities in dialogues that promote positive interactions.



**Session 6:** Mindful Meditative Movement. The breath is an amazing resource that is available to you while you are on this earth—whether you are lying down, sitting still or moving. We'll begin this session by paying attention to our breath and becoming aware of what it does in different situations. Then, we will explore ways to use the breath to help and support you in a variety of situations. You will leave this session with a greater awareness of your breath, a sense of calm and some practical new tools you can use every day.

**Sue Schmitt**, Stanford University Controller, is a certified yoga instructor and has been teaching Meditation Mondays once a month at SRWC.





12:00-1:00pm

**CARILLON CONCERT & COMMUNITY-WIDE CONTEMPLATIVE PAUSE**

The Hoover carillon bells ring again this year to signal the University's commitment to emotional well-being. All members of the Stanford community are encouraged to pause, reflect and take time to unwind. Gather in **Dohrmann Grove, the Oval Ear, Hoover Lawn or Meyer Green** to share the concert and contemplative pause together as a community. You may also enjoy the experience by pausing wherever you are on or off campus.

12:00-12:30pm  
Dohrman Grove**GUIDED TAI CHI WITH TONY WONG**

**Master Wong** is a 20th generation, 1st Grade, Gold Medalist Tai Chi Master and teaches classes every quarter for the Health Improvement Program. Experienced Tai Chi practitioners and beginners are all welcome.

12:00-12:30pm  
Meyer Green**MUSIC WITH RAAGAPELLA**

**Raagapella** is Stanford University's co-ed South Asian focused a cappella group. Since 2002, the group has worked to unite audiences and encourage appreciation of music from South Asia, sharing their own energetic interpretations in each of their performances and recordings. Stanford Raagapella has traveled throughout the US and India for competitions, showcases, and special performances, including several with A.R. Rahman. The group has released two albums to date, Raags to Riches and Raag Time.

12:00-12:30pm  
Hoover Lawn**GENTLE STRETCHING AND YOGA WITH REBBECA SNOWBALL**

**Rebecca Snowball** is a highly trained yoga teacher. She received her first teaching certificate at the White Lotus Yoga Foundation in 2000, studied extensively in Anusara Yoga, and continues to train with her teachers Desiree Rambaugh and Andrew Rivin.

Rebecca teaches Aligned-Vinyasa Flow yoga linking each pose to the next by way of the breath. She blends her therapeutic knowledge with her spiritual wisdom to create an uplifting class that keeps students safe in the practice and connected to their heart. Her authentic and playful spirit inspire connection, love, and fun.

12:00-12:30pm  
Oval Ear**SELF-GUIDED MEDITATION AND RELAXATION**

Quiet space for reflection and contemplation in the oak woodland dell.

12:30-1:00pm  
Dohrmann Grove  
Meyer Green  
Oval Ear  
Hoover Lawn**CARILLON BELLS RING**

We invite you to sit back and enjoy the 25 minute Carillon Concert, which will be followed by a 5 minute period of quiet contemplation. For people who are not on the main campus, the Carillon Concert will be broadcast live on KZSU radio at 90.1FM and also streamed online at [kzsu.stanford.edu](http://kzsu.stanford.edu). Tune in from 12:15-1:00pm for the full program.

\*Registration is appreciated but not required.

**Parking:** Free parking will be available in Lot 2 behind the Stanford stadium. From there, it is a short 10-minute walk to the Carillon Concert.

**Free SRWC Shuttle:** Round-trip from SWRC to Hoover Tower. [Register for the shuttle at tickets.stanford.edu](http://tickets.stanford.edu). Space is limited and granted to SRWC faculty/staff who register until the shuttles are full.

Dohrman Grove



Meyer Green



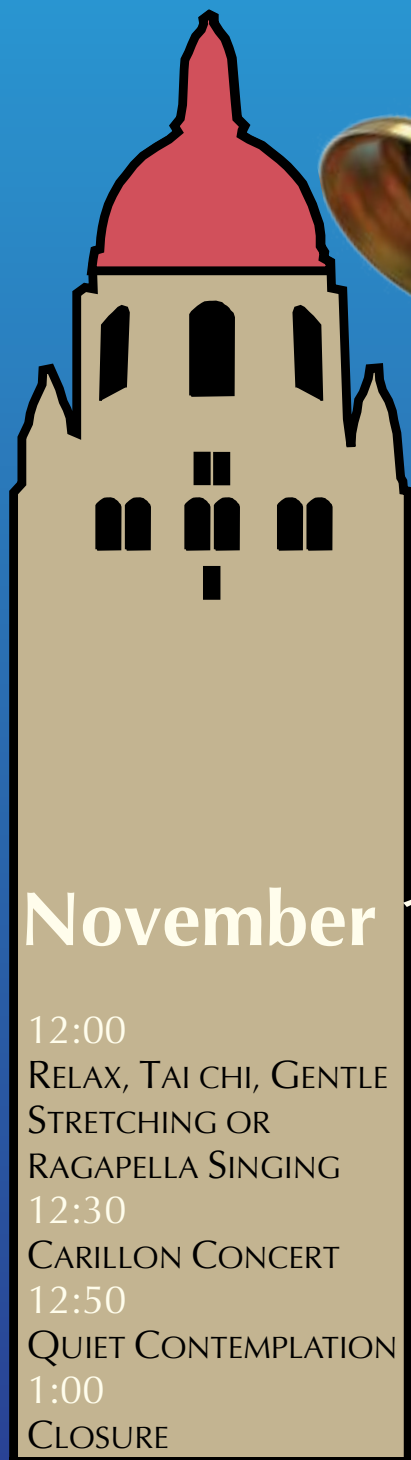
Hoover Lawn



Oval Ear



# HOOVER TOWER CARILLON CONCERT



QUIET  
CONTEMPLATION  
AND  
MUSIC

**November 1, 2019 ★ 12:00 PM - 1:00 PM**

12:00

RELAX, TAI CHI, GENTLE  
STRETCHING OR  
RAGAPELLA SINGING

12:30

CARILLON CONCERT

12:50

QUIET CONTEMPLATION

1:00

CLOSURE

GATHER IN

OVAL EAR: QUIET AND MEDITATION

DOHRMANN GROVE: TAI CHI

HOOVER LAWN: GENTLE STRETCHING

MEYER GREEN: PICNIC WITH RAGAPELLA SINGING

*Bring a Mat or Beach Towel to Sit or Recline*

Co-sponsors: Stanford BeWell, Health Improvement Program, Contemplation by Design

7:00-8:30pm  
CEMEX, 655 Knight  
Way, Stanford, CA  
94305

## AWARE: THE SCIENCE AND PRACTICE OF PRESENCE WITH DAN SIEGEL, MD

This lecture provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life.

An in-depth look at the science that underlies meditation's effectiveness, this lecture will teach viewers how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows." Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life.

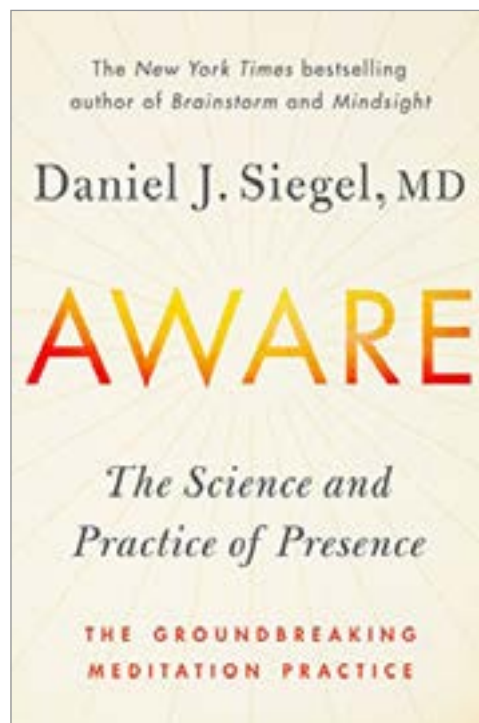
Whether you have no experience with a reflective practice or are an experienced practitioner, *Aware: The Science and Practice of Presence* will help you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

### Learning Objectives:

1. List 3 aspects of mind-training that research has demonstrated improve well-being.
2. Outline the components of the Wheel of Awareness that are a part of integrating consciousness.
3. Name the 3 P's of a probability view of the mind and how these correlate with the Wheel of Awareness.

**Dr. Dan Siegel** is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on the development of mindsight, which teaches insight, empathy, and integration in individuals, families and communities.

Dr. Siegel has published extensively for both the professional and lay audiences. His five New York Times bestsellers are: *Aware: The Science and Practice of Presence*, *Mind: A Journey to the Heart of Being Human*, *Brainstorm: The Power and Purpose of the Teenage Brain*, and two books with Tina Payne Bryson, PhD: *The Whole-Brain Child* and *No-Drama Discipline*. His other books include: *The Developing Mind* (2nd Ed.), *The Pocket Guide to Interpersonal Neurobiology*, *Mindsight*, *The Mindful Brain*, *The Mindful Therapist*, and *The Yes Brain* (also with Tina Payne Bryson, PhD). Dr. Siegel also serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over seventy textbooks.





8:00am-5:00pm  
Environmental Health  
and Safety Building,  
Room 114, 480 Oak  
Road, Stanford, CA  
94305

## CONTEMPLATIVE TECHNOLOGIES EXHIBIT AND EXPLORATORIUM WITH JEFFERY A. MARTIN, PhD AND NICHOL BRADFORD, MBA

Drop in and explore the cutting edge of technology for contemplation from around the world. Science and technology are pushing the boundaries of what contemplation means. Fifty years ago, the revolution began with brainwave and heart-based biofeedback. Today, the latest sensor technologies are not only more ubiquitous and accurate, but have been further turbocharged by AI and emboldened by the cloud. They not only provide windows and advice into how to maximize your own practice, but also show us how we fit in to the local, regional and global community we're a part of and the impact we're having on it. Whether you have 10 minutes, or an hour to spare, come by, get immersed, and form your own opinion of the frontier of contemplative technologies.

**Jeffery A. Martin, PhD**, is a founder of the Transformative Technology space, serial entrepreneur and social scientist who researches personal transformation and the states of greatest human well-being. He spent the last 10 years conducting the largest international study on persistent non-symbolic experience (PNSE), which includes the types of consciousness commonly known as: enlightenment, nonduality, the peace that passeth understanding, unitive experience, and hundreds of others. More recently, he has used this research to make systems available to help people obtain profound psychological benefits in a rapid, secular, reliable and safe way.



**Nichol Bradford, MBA**, is fascinated by human possibility and technology. She is the CEO of the Willow Group and Executive Director of the Transformative Technology Lab. Prior to becoming a leader in Transformative Technology, Bradford was a senior executive in video games with responsibility for strategy, operations and marketing for major brands that include Activision Blizzard, Disney and Vivendi Games. Nichol is a graduate of Singularity University GSP15, has an MBA from Wharton School of Business in Strategy and a BBA in Marketing from University of Houston. She is a fellow with the British American Project and served on the board of the Brandon Marshall Foundation for Mental Health.



8:00-9:00am  
Environmental Health  
and Safety Building,  
Room 116, 480 Oak  
Road, Stanford, CA  
94305

## HEALING QIGONG - CIRCULATION WITH DAVID WEI

The Chinese have an idiom, "Good circulation - good health." From this view, stasis is the root cause of all degenerative conditions, making movement the primary means of preventative health care. Daoists have maintained countless methods of movement aimed to improve health by simply improving circulation.

Participants will learn to assess their own vascular health along with various methods for improving overall circulatory function. Both solo and partnered movements will be introduced. No experience is necessary, all are welcome to enjoy the session.

**David Wei** is a 16th generation lineage holder for the Wudang San Feng Life Nourishment Sect. He has over 20 years of experience in Daoist arts and culture, with a specialization in Tui Na, a martial modality of acupressure and musculoskeletal alignment. David is also the founder of Wudang West, an Oakland based Heritage Center aimed to practice and preserve the cultural wellness arts of Wudang, China.





9:00-10:15am  
Tresidder Oak Lounge,  
498 Santa Teresa  
Street, Stanford, CA  
94305

### 1 TO 1,000 GRAINS: A MINDFUL HOLISTIC PROCESS FOR EQUITY, INCLUSION AND WELL-BEING WITH PROF. KEN SINGLETON, PhD

At the non-profit *1 Grain to 1,000 Grains* we follow a novel, multi-faceted strategy for confronting adverse trends in physical and financial health within low-income communities. Our affirmative coaching empowers families with actionable knowledge; achieves sustained impact with accountability; and is grounded in trust built upon long-term commitments to the communities we partner with. In this session, we will share our mindful and holistic process for inspiring healthful behaviors.

**Kenneth Singleton** is the Adams Distinguished Professor of Management at the Graduate School of Business at Stanford University. He has published widely on financial risks and their impacts on economic decision-making, and is a recipient of the Stephen A. Ross Prize in Financial Economics. Ken is currently exploring innovative ways of building the financial capacities of households and small businesses. He is an advisor to Stanford Angels and Entrepreneurs and to Nyca Partners; serves on the investment committee of the Stanford GSB Social Impact Fund; and is co-founder of the nonprofit 1 Grain to 1000 Grains. Ken holds a BA in Mathematics from Reed College and a PhD in Economics from the University of Wisconsin-Madison.



### ACUPUNCTURE AND ACUPRESSURE SELF-CARE SKILLS FOR CONTEMPLATIVE PRACTICE WITH SUE KIM, MD AND AMALIA REEVES, LAC (click on a session below to enroll)

We will discuss the history of acupuncture and the origins of acupressure. Participants will learn the basic theory underlying Traditional Chinese Medicine, which is the basis of most of the acupuncture practiced in the United States. We will teach practical self-care acupressure points for relieving tension and stress; and demonstrate acupuncture technique on a few participants who wish to volunteer for this.

**9:45am session**

**11:10am session**

**Dr. Sue Kim, MD**, brings to this session her diverse background which includes Hematology, Internal Medicine, Integrative Medicine and Medical Acupuncture.

While in a Hematology fellowship at Stanford, Dr. Kim developed an interest in acupuncture and Traditional Chinese Medicine (TCM). She trained in medical acupuncture through UCLA and completed additional TCM coursework locally to expand her knowledge of herbs and acupuncture. Dr. Kim completed a fellowship with the University of Arizona Center for Integrative Medicine, headed by Dr. Andrew Weil. She completed board-certification in Integrative and Holistic Medicine and is board-certified in Internal Medicine, and Medical Acupuncture, and is board-eligible in Hematology. She has worked at Kaiser, One Medical (both in the community and on-site at Google) and Stanford's Center for Integrative Medicine where she helps patients with various conditions including musculoskeletal problems, sleep disturbance, digestive disorders and provides Integrative care for patients with cancer.



**Amalia Reeves** is a licensed acupuncturist (LAC), certified by the California Acupuncture Board. She completed her Master of Science in Traditional Chinese Medicine at the American College of Traditional Chinese Medicine in San Francisco, where she completed over 3,000 hours of training. Through her clinical training followed by 6 years of private practice in acupuncture and herbal therapy, she has treated patients with a variety of health conditions including: stress-related illness, occupational injuries, chronic pain, digestive disorders, allergies, diabetes, hypertension and women's health.



9:45-11:00am  
or  
11:10-12:25pm  
Environmental Health  
and Safety Building,  
Room 116, 480 Oak  
Road, Stanford, CA  
94305

9:45-11:15am  
Stanford Central  
Energy Facility, Room  
134, 506 Oak Road,  
Stanford, CA 94305

### BODY MAPPING WORKSHOP WITH CARI COSTANZO, PhD

Body Mapping is a creative tool that combines self-reflection with artistic expression to develop a visual 'map' of one's life story. In this workshop, a partner will trace an outline of your body onto a life-size canvas or paper. Guided by a meditation designed to honor your past, present, and future, you will use paint, photos, words, collage and other materials to represent visually the central embodied experiences of your life. This unique Body Mapping workshop utilizes an anthropological lens, encouraging individuals to locate the cultural landscape(s) that both positively and negatively shape our embodied selves, creating a space for active awareness and empowerment.

**Cari Costanzo**, PhD is an Anthropologist who earned her doctorate at Stanford in 2005. She is an Academic Advisor who co-teaches *Reading the Body* in Stanford's Thinking Matters program. Cari's research and writing focus on ritual, embodiment, and identity formation in contemporary society, looking closely at the cultural construction of race, class, gender and sexuality. She designs Ethnographic Body Mapping workshops that combine cultural awareness with artistic and contemplative practices to encourage the reframing and reclaiming of embodied experiences, enabling participants to both reflect upon and creatively share their life stories.



10:30-11:45am  
Tresidder Oak Lounge,  
498 Santa Teresa  
Street, Stanford, CA  
94305

### GROWING OUR RESILIENCE WITH ADINA GLICKMAN, MSW

Failure is a great teacher. And along with setbacks and rejection, it can be a source of great sorrow and distress. With every disappointing grade, rejection email, or broken ankle, we can grow our resilience, but it takes conscious effort. This workshop will help you identify some of the tools you can use to grow your resilience and discover just how regular and normal you are in all of the ways you may think you're broken or weird.

**Adina Glickman** was the director of Learning Strategy Programs and founding director of the Stanford Resilience Project until September 2019. She is a co-founder of the Academic Resilience Consortium, an international group of faculty, students, and administrators who are interested in promoting resilience in education. Adina maintains a coaching practice, specializing in helping the parents of college-bound and college-aged kids navigate the challenges of parenting young adults. She is also an educational consultant and works with colleges and universities to develop resilience initiatives and other academic skills resources.



11:10-12:10pm  
Old Union Ball Room,  
520 Lasuen Mall,  
Stanford, CA 94305

### HEALING QIGONG - CIRCULATION WITH DAVID WEI

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12:15-3:15pm  
Dinkelspiel  
Auditorium  
471 Lagunita Dr,  
Stanford, CA 94305

## WORKSHOP—AWARE: THE SCIENCE AND PRACTICE OF PRESENCE WITH DAN SIEGEL, MD

Wheel of Awareness 3P Workshop.

In this workshop we will explore and experience the ways in which our inner subjective lives, our interpersonal relationships, and our objective empirical knowledge can be woven together to illuminate the importance for meaning, connection, and equanimity in our lives. We'll explore the notion that the mind may be an "emergent process" that arises from energy and information flow. Seeing the mind this way will help us illuminate the nature of consciousness and the central role of being aware, of being present in life. Linking differentiated elements into a coherent whole is what integration is—and integration may be at the heart of well-being. Our workshop will provide the setting for integrating consciousness itself with a Wheel of Awareness practice in which we will differentiate the knowns of consciousness on the rim of a metaphoric wheel from the knowing in the hub and systematically link them with a spoke of attention. Come join me in this exploration of well-being in our lives!

We'll dive deeply into the nature of presence, and how learning a reflective practice such as the Wheel of Awareness can build the mental skills of focused attention, open awareness, and kind intention that research suggests are three pillars of mind training that have been empirically shown to cultivate important aspects of social, psychological, and physiological flourishing.

**Dan Siegel, MD** received his medical degree from Harvard Medical School and completed his postgraduate medical education at UCLA [1] with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative. (See complete bio on Day 4.)



3:45-4:45pm  
or  
5:00-6:00pm  
Environmental Health  
and Safety Building,  
Room 116, 480 Oak  
Road, Stanford, CA  
94305

## YOGA NIDRA WITH HEATHER FORD, MFA, C-IAYT (click on a session below to enroll)

Yoga Nidra translates to "Yogic Sleep." However, it is neither a sleep-state nor an awake-state.

Yoga Nidra is a profound state of conscious awareness where one can be the witness of their own experience. Yoga Nidra is a form of mindfulness meditation and a path to reaching higher consciousness through deeply resting the conscious and unconscious parts of the mind. In this relaxed state one is invited to set an intention and practice self-healing.

Participants will lie comfortably on their backs during this guided practice. If coming to the floor is not accessible to you, chairs will be provided. Please use the restroom before you arrive, bring a yoga mat. A blanket to cover your body and a small pillow to support your head is recommended. No experience is necessary.

**3:45pm session**

**5:00pm session**

**Heather Ford**, MFA Design, C-IAYT, has been teaching yoga for over a decade. She believes that yoga is for every body and passionately brings yoga to those who might not believe that they have access to it. Her experience and classically-based training allows her to work therapeutically with a wide range of populations. Heather is an Accessible Yoga Teacher Trainer, has designed and led yoga classes for the Stanford Graduate School of Business and currently teaches at the Integral Yoga Institute San Francisco, the Stanford Health Improvement Program and privately. As a life long naturalist, she draws inspiration and resilience from being in nature. A formally trained designer, deeply rooted in contemplative practices, she brings her visual design skills to many of the organizations where she teaches.





3:45-4:45pm  
or  
5:00-6:00pm  
Stanford Central  
Energy Facility, Room  
134, 506 Oak Road,  
Stanford, CA 94305

### YOGA BREATHING FOR CONTEMPLATIVE PRACTICES WITH SWAMI RAMANANDA (click on a session below to enroll)

The ancient masters of yoga designed this science of contemplative practices primarily for the purpose of leading us into deeper, more subtle levels of our being, and ultimately to experience fully a source of profound peace within us. This workshop will examine how we can use yoga breathing practices to bring health and vitality to the body, and both clarity and equanimity to the mind. By being in touch with the more subtle energies within us, we can gain insights to free ourselves from habitual, limiting thought patterns, and thus enhance our ability to experience joy and love.

**Swami Ramananda** is the President of the Integral Yoga Institute San Francisco and a greatly respected senior teacher in the Integral Yoga tradition. He has been practicing yoga since 1975. He leads a variety of programs in the U.S., Europe and South America with a focus on training yoga teachers to bring yoga and mind/body wellness programs into corporate, hospital and medical settings. He is a founding board member of Yoga Alliance, the national registry that supports and promotes yoga teachers as professionals. He offers practical methods of integrating into daily life the timeless teachings and practices of yoga. He illuminates how yoga can transform painful aspects of human experience and contribute to realization of one's full potential. His warmth, wisdom and sense of humor have endeared him to many.



[3:45pm session](#)

[5:00pm session](#)

3:45-4:45pm  
or  
5:00-6:00pm  
Tresidder Oak Lounge,  
498 Santa Teresa St,  
Stanford, CA 94305

### INTEGRATION: CONTEMPLATIVE PRACTICE IN ACADEMICS AND THE WORKPLACE WITH YINGZHAO LIU (click on a session below to enroll)

How can we integrate deep contemplative practice within our fast-paced work and academic lives? In this talk and experiential workshop, Ying will share her journey of practice and of creating an inclusive culture in the workplace. Topics will include how the self, teams and organizations change from the inside out. She will illuminate her experience of how on the surface of life there is a lot of complexity, yet at depth, things are very simple. She will share ways to practice and live from that deep source, integrate moment to moment, and facilitate integration for others.

**Yingzhao Liu** has recently been design director for international markets at LinkedIn, and is currently a lecturer at Stanford, and a strategist for the network leadership organization Converge for Impact. Drawing from Zen Buddhism as well as the Native American path, Ying is devoted to integrating deep spiritual practice with complex modern life. She is currently at work on a book about integration for Shambhala Publications.



[3:45pm session](#)

[5:00pm session](#)

7:00-8:30pm  
Tresidder Oak  
Lounge, 498 Santa  
Teresa Street,  
Stanford, CA 94305

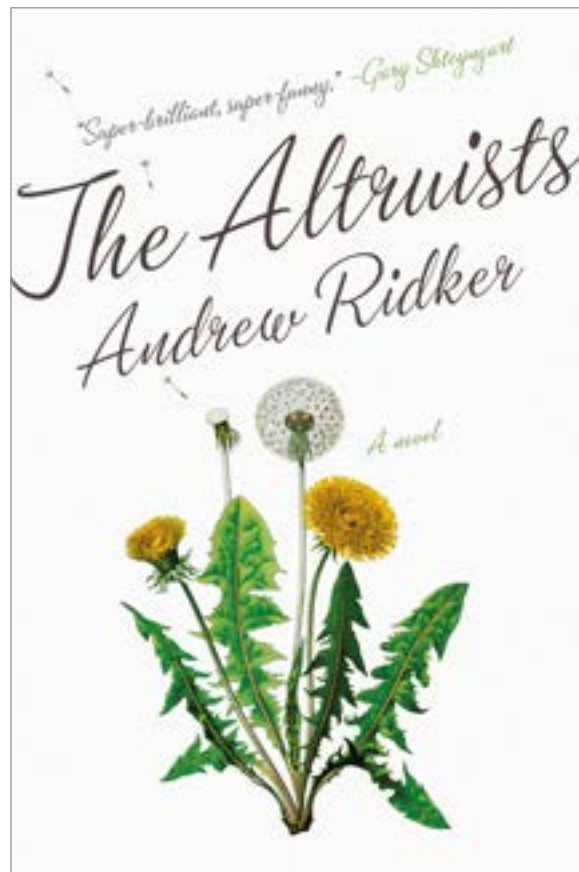
## AUDREY SHAFER, MD AND ANDREW RIDKER IN CONVERSATION ABOUT HIS NOVEL, *THE ALTRUISTS*

Prof. Audrey Shafer and Andrew Ridker will discuss healthy and unhealthy altruism, and the intersection of privilege and progress, as explored in Ridker's debut novel, *The Altruists*. They also will discuss the role of literature in society and how the creative process transfigures fact into fiction.

**Audrey Shafer, MD** is Professor of Anesthesiology, Perioperative and Pain Medicine, Stanford University School of Medicine/Veterans Affairs Palo Alto Health Care System; and founder and director of the Stanford Medicine and the Muse Program in the Stanford Center for Biomedical Ethics. She is co-founder of Pegasus Physician Writers and a founding editor of *The Pegasus Review*. She directed the cross-campus initiative, *Frankenstein@200*, which included exhibits, an international conference, courses and events. She is the author of *The Mailbox*, a children's novel on post-traumatic stress disorder in veterans, and her poetry on anesthesia, health humanities and family life has been published in journals and anthologies.



**Andrew Ridker** is the author of *The Altruists*, a New York Times Editors' Choice, published in eighteen countries. He is a graduate of the Iowa Writers' Workshop and is the editor of *Privacy Policy: The Anthology of Surveillance Poetics*. His writing has appeared in *The New York Times Magazine*, *The Paris Review Daily*, *Boston Review*, *The Believer*, and elsewhere.





10:00-11:00am  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

### UNIVERSITY PUBLIC WORSHIP (UPW) WITH THE VEN. THUBTEN DAMCHO

Memorial Church has historically been an important center of contemplative, spiritual and ceremonial life at Stanford University since the church was dedicated in 1903. It is open to everyone, wherever you may be on your spiritual journey. Please join us in this spectacular and sacred venue.

**Venerable Thubten Damcho** is a Buddhist nun residing at Sravasti Abbey, one of the first Tibetan Buddhist training monasteries in the United States. Born and raised in Singapore, she graduated from Princeton University in 2006 and worked as a high school teacher and public policy analyst in the Singapore government before returning to the U.S. to take novice ordination in 2013. She writes about her decision to ordain at a Western Buddhist monastery in the Summer 2017 issue of *American Buddhist Women*, and tells her story in *The Straits Times Singapore*.



Venerable Damcho's monastic life is rich and varied. She serves as assistant to Sravasti Abbey's founder, author and well-known Buddhist teacher Venerable Thubten Chodron. Her other responsibilities range from translating Chinese texts into English to driving a tractor to remove weeds from the Abbey's 300-acre property.

Venerable Damcho has given Dharma talks in Idaho, India, and Singapore, and she helps to guide a weekly meditation class at the Spokane Unitarian Universalist Church. She was the Chinese-English interpreter at a full ordination program in Taiwan in 2019, and has studied Tibetan through Maitripa College since 2017.

11:00-12:00pm  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

### CONVERSATION WITH THE VEN. THUBTEN DAMCHO ABOUT HER TEACHINGS FOR THE UPW

Join the Ven. Thubten Damcho in the welcoming space of the Round Room for a lively conversation about her insights and wisdom shared during the UPW. Light refreshments will be served.

1:00-2:00pm  
Windhover  
Contemplative Center,  
370 Santa Teresa  
Street, Stanford, CA  
94305

### GUIDED MEDITATION AT WINDHOVER WITH UPW SPEAKER THE VEN. THUBTEN DAMCHO

Gather in the serene atmosphere of Windhover to experience practices from Tibetan Buddhism. The Ven Thubten Damcho will guide us through fundamental steps that carry us into frontiers of contemplation, awareness, insight, compassion and wisdom.







2:30-3:30pm  
or

3:45-4:45pm  
Galvez parking lot at  
the corner of Lasuen  
and Campus drive,  
near the restrooms

### SAVORING STANFORD'S NATURAL BEAUTY: A CAMPUS CONTEMPLATIVE WALK WITH CARL CHENEY AND DAWN NEISSER ([click on a session below to enroll](#))

Listen to the birds and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take, feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and special spots on the Stanford campus.

Learn first-hand what the new science of awe, and the work of Dacher Keltner's lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind and promotes creativity), emotional (promotes positivity) and social benefits of spending time in nature.

**Carl Cheney** is a docent at Stanford's Jasper Ridge Biological Preserve, where he leads natural science tours and is a member of the Herbarium Team. He has a B.A. in History from Stanford, and is a retired corporate organization development executive.

**Dawn Neisser** is a docent at Stanford's Jasper Ridge Biological Preserve. She graduated in '79 with an A.B. in Human Biology. She recently retired from her career in the tech sector and through Jasper Ridge has returned to her lifelong love of natural history.

[2:30 session](#)

[3:45 session](#)



3:30-4:45pm  
or

5:00-6:15pm  
Lathrop Library Room  
282, 518 Memorial  
Way, Stanford, CA  
94305

### PLAYFUL MINDFULNESS: IMPROV AS A JOYFUL JOURNEY TO CONFIDENCE, CALM AND CONNECTION WITH LISA ROWLAND AND TED DESMAISONS, MBA, MTh ([click on a session below to enroll](#))

Many know that mindfulness—paying attention to the present moment with curiosity and kindness—can reduce reactivity and create a steady sense of calm. Few would guess that improvisation, an art form known more for its energy and playfulness, does the same. Using safe, engaging interactive exercises from both worlds, Ted and Lisa will help you “play attention” in ways that develop resilient courage and genuine connection.

**Lisa Rowland** teaches and performs improvisation around the world, most notably at BATS Improv and the Improv Playhouse of San Francisco, and as a lecturer at Stanford. She created “The Bechdel Test,” an improv format that focuses on complex stories about women. She was also named the 2012 San Francisco Actor of the Year.

**Ted DesMaisons**, MBA, MTh has studied, performed and taught improvisation internationally and is a trained Mindfulness-Based Stress Reduction (MBSR) instructor. He earned an MBA from Stanford and a MTh from Harvard Divinity School and is the author of the recently published *Playful Mindfulness*.



Lisa and Ted co-host the Monster Baby pod cast, a “curious romp through the worlds of mindfulness and improvisation.”

[3:30pm session](#)

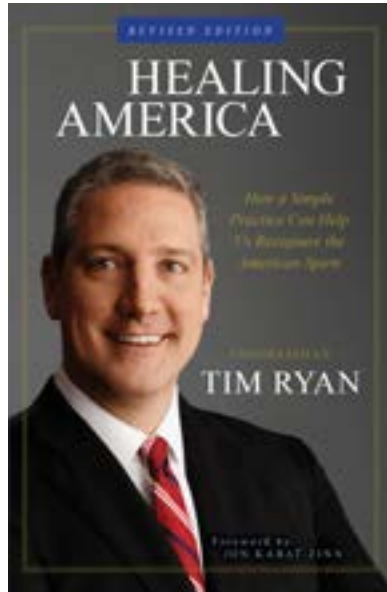
[5:00pm session](#)

7:15-8:30pm  
CEMEX Auditorium,  
655 Knight Way,  
Stanford, CA 94305

## JACK KORNFIELD IN CONVERSATION WITH CONGRESSMAN TIM RYAN ABOUT HIS BOOK *HEALING AMERICA* (PREVIOUSLY TITLED *A MINDFUL NATION*)

Jack Kornfield and Congressman Tim Ryan will discuss the role of stillness, quiet, contemplation and mindfulness in the dynamic process of Healing America, as described in Ryan's book by that title.

Mindful magazine in April 2019, asked Congressman Tim Ryan whether he thinks mindfulness can heal the fractured civil discourse that is rampant today.



Ryan replied: "I believe finding ways to be quiet together will be fundamental to the healing process. I'm hoping that we can get people on both sides of the aisle to move away from the turbulence that is dominating the surface of our politics, and the media covering our politics. Let's get to a little bit of a deeper place where we can reconnect to some better values, American values. Values grounded in the Constitution and the founding documents: providing for the general welfare, providing for the common defense—these are the values in our country that we need to get back to."

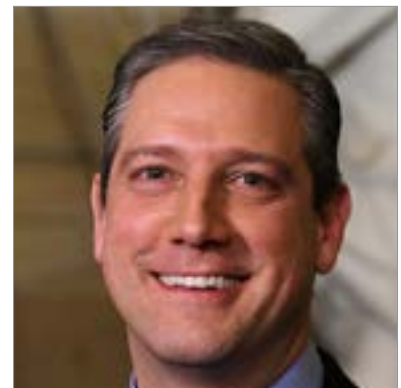
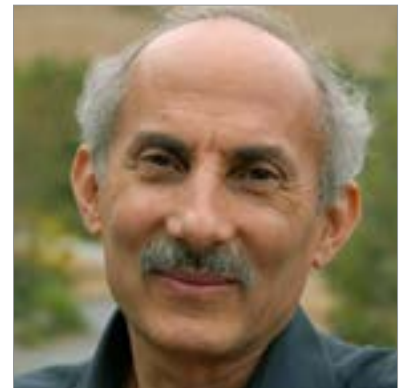
He also was asked about why he connects mindfulness with different secular and non-secular traditions.

Ryan said: "Part of it is my personal experience starting with centering prayer, which led me to mindfulness and other contemplative practices and really opened me up to this different aspect of myself. I think encouraging people to start where they are, and many times that's within their own religious practice, is a good idea. If someone is more comfortable with centering prayer, it will more than likely have a beneficial effect. Let's all start with some quiet. If that quiet comes out of a religion you grew up with or were raised in, that's tied to your culture, that's all to the good."

**Jack Kornfield**, PhD, is one of the foremost teachers of mindfulness in the West. Trained as a Buddhist monk, he is also a psychologist, founder of Spirit Rock Center, and author whose books have sold over a million copies.

**Congressman Tim Ryan** represents Ohio's 13th District, including the cities of Akron and Youngstown. He was first elected to the U.S. House of Representatives in 2002 and has been reelected seven times. Congressman Ryan, who is a Democrat, currently serves as a member of the House Appropriations Committee. He is also co-chair of the Congressional Manufacturing Caucus, which works to strengthen America's manufacturing base and reform U.S. trade policies.

Ryan is the author of two books: *Healing America: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit*, and *The Real Food Revolution: Healthy Eating, Green Groceries, and the Return of the American Family Farm*.



## DAY 6

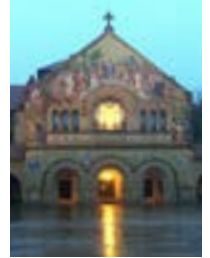
SUNDAY, NOVEMBER 3, 2019

9:00-9:30pm  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

### COMPLINE AND CONTEMPLATION IN MEMORIAL CHURCH WITH REV. JOANNE SANDERS

Compline (pronounced "komp-lin") – Join us for a quiet, reflective, contemplative 30-minute service of hymns, anthems and chants. Enjoy the music of the Crescendo Choir in the tranquil candlelit ambience of Memorial Church. Reverend Joanne Sanders will provide an introduction to the compline tradition to open this service.

**The Rev. Joanne Sanders**, DMin, is an Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices, such as Compline and the Labyrinth, to the Stanford and local community.



## DAY 7

MONDAY, NOVEMBER 4, 2019

SIMA wooden bench  
sculpture, McMurtry  
Building Central  
Courtyard, 355 Roth  
Way, Stanford, CA  
94305

BEAM Career  
Education,  
Conference Room,  
563 Salvatierra Walk,  
Stanford, CA 94305  
Labyrinth in Lucile  
Packard Children's  
Hospital Sanctuary  
Healing Garden, 725  
Welch Road, Palo  
Alto, CA 94304

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA  
94304

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

### P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM (click on a session below to enroll)

**Session 1:** Your breath is a powerful reminder of living in the present moment, right here and right now, and helps you tap into an inner calm. This meditation will guide you in how to rest your attention on your breath and how to handle your mind when it starts speculating or ruminating about the past or future so you may return to your present moment experience.

**Sanne Lim**, Certified Life and Mindfulness Coach.



**Session 2:** Aneel will be leading a progressive meditation that unifies "focused attention" with "open awareness" in a way that is accessible and practical. All levels of meditators are welcome.

**Aneel Chima**, PhD, Director of the Division of Health and Human Performance



**Session 3:** This program will include a short introduction of the history of labyrinths, a brief presentation of basic instructions for walking the labyrinth and time to walk the labyrinth at your pace. You will also receive a handout with the instructions and two printed labyrinths for your personal use.

**Lani Krantz**, IT Systems Analyst at Lucile Packard Children's Hospital (LPCH), Certified Veriditas Labyrinth facilitator.



**Session 4:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 5:** Inspiration for meditation can come from the beauty of a practitioner's prose portraying an experience in their practice. This session will provide the opportunity to enter into the contemplative space offered by 4 meditation teachers' quotes. Included will be short quotes by Father Thomas Keating, Rabbi Daniel Raphael Silverstein, Tulthung Tulku and Rumi. Guided silence and stillness will welcome you into the invitation provided by each quote.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.







12:15-1:15pm  
Branner Hall  
or  
Ricker Dining Hall

### **MINDFUL MONDAY MEALS WITH SARAH MEYER TAPIA, MA AND BRYAN LIAN, MS, RD, CEDRD-S (click on a session below to enroll)**

How we eat promotes health and well-being in ways that are as important as what we eat. In this class, enjoy experiencing nourishment from both a rainbow of foods, and through present moment nonjudgmental awareness—mindfulness. Psychological and physiological benefits will be illuminated. Discover how to savor your meals through the joy arising from each of your five senses. Learn how savoring enhances the nourishment received while eating the recommended daily servings of five fruits and vegetables. Instructors, Sarah and Bryan will be teaching simple, practical, skills for eating mindfully. Each session provides a 15-minute instruction period followed by the opportunity to eat a meal in a mindful atmosphere created in the dining hall through soothing music.

The instruction is FREE. The meal needs to be purchased from Residential and Dining Enterprises. Lunch is \$15, dinner is \$18 (plus tax). You can pay at the dining hall by using your or Cardinal Dollars or meal plan on your SUID card. If you do not already have a meal plan you can purchase one lunch or one dinner at this website: [rdeapps.stanford.edu/MyMealPlan](http://rdeapps.stanford.edu/MyMealPlan)

If you do not have a SUID you can pay with a credit card or debit card. Payment using cash is not an option. Lunch and dinner at both Branner and Ricker will include vegetarian, vegan, and gluten free options. Lunch and dinner at Ricker also features Stanford's Peanut and Tree Nut Sensitive Program (only at Ricker) to reduce the risk for those suffering from peanut and tree nut allergies and to allow them to enjoy meals in the dining hall.

If you have questions about purchasing the lunch or dinner you plan to attend, please contact: [diningplans@stanford.edu](mailto:diningplans@stanford.edu) or 650-723-4751.

**Sarah Meyer Tapia, MA**, is Associate Director in the Division of Health & Human Performance, overseeing the Wellness Education academic program for students. She teaches mindful eating as part of her course Wellness 152: Mindfulness and Food.

At Stanford since 2013, she's worked in both employee and student wellness, studying and teaching stress-management, positive psychology, and mindfulness to students, faculty, and staff. Sarah earned her graduate degree in Counseling and Health Psychology from Santa Clara University where she received the Research Excellence Grant for her work teaching mindfulness. She is now a PhD student in Integral & Transpersonal Psychology researching the science of intuition. She deeply believes staying connected to who we are and why do we what we do is critical to an exceptional, fulfilling life.



#### **Lunch sessions**

**12:15-12:30pm**

**12:35-12:50pm**

**12:55-1:15pm**

#### **Dinner sessions**

**6:00-6:15pm**

**6:20-6:35pm**

**6:40-6:55pm**

Ricker Dining Hall,  
238 Santa Teresa  
Street, Stanford, CA  
94305

**Bryan Lian, MS, RD, CEDRD-S** is the campus dietitian/nutritionist at Stanford University and a part of the team promoting student health and wellbeing. He co-teaches mindful eating as part of the course Wellness 152: Mindfulness and Food. Bryan earned his master's degree in health administration at the University of California, San Francisco and completed his clinical training at two Harvard teaching hospitals, Beth Israel Deaconess Medical Center and Boston Children's Hospital. He is excited to invite everyone to engaging nutrition experiences at the lunch and dinner table and beyond.



#### **Lunch sessions**

**12:15-12:30pm**

**12:35-12:50pm**

**12:55-1:15pm**

#### **Dinner sessions**

**6:00-6:15pm**

**6:20-6:35pm**

**6:40-6:55pm**

Branner Hall, 655  
Escondido Road,  
Stanford, CA 94305



12:00-1:00pm  
SRWC Rec and  
Wellness Center,  
Room 120,  
Contemplative Space,  
900 Warrington  
Avenue, Redwood  
City, CA 94063

### INTEGRATION: CONTEMPLATIVE PRACTICE IN ACADEMICS AND THE WORKPLACE WITH YINGZHAO LIU

How can we blend and integrate deep practice and with our fast-paced lives, in academic life and the workplace? In this talk and experiential workshop, Ying will share her journey of practice and of creating an inclusive culture in the workplace. Topics will include how the self, teams, and organizations change from the inside out. She will illuminate her experience of how on the surface of life there is a lot of complexity, yet at depth, things are very simple. She will share ways to practice and live from that deep source, integrate moment to moment, and facilitate integration for others.

**Yingzhao Liu** has recently been design director for international markets at LinkedIn, and is currently a lecturer at Stanford, and a strategist for the network leadership organization Converge for Impact. Drawing from Zen Buddhism as well as the Native American path, Ying has a practice of integrating deep spiritual practice with our complex modern life. She is currently at work on a book about integration for Shambhala Publications.



5:30-6:30pm  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

### OM UNDER THE DOME, YOGA IN MEMORIAL CHURCH

Rejuvenate the body, mind and spirit as we perform sacred gestures in the special space of Memorial Church. The space and light this architecture offers to visitors is awe-inspiring and memorable. This event will be led by yoga instructor Rebecca Snowball.

PLEASE NOTE: Please bring your yoga mat.



5:30-6:30pm  
Cardinal Hall, Room  
C643, 2855 Bay Road,  
Redwood City, CA  
94063

### STANDING IN MY CARE WITH PHYLLIS STEWART PIRES, MA, AND CAITLIN AZHDERIAN, EdM

Our values manifest our behaviors and our behaviors shape our lives. Understanding and living your core values, what matters most to you in life, can have a powerful impact on how you create intentional and meaningful experiences. In this interactive session, rediscover your core values, reflect on how these values are expressed, and explore your aspirations to integrate these values in your everyday decisions. Learn reset techniques that support you to be present with your core values and ultimately uncover "your care."

**Phyllis Stewart Pires, MA**, Senior Director of WorkLife Strategy at Stanford, designs and manages programs that support the Stanford community in navigating the competing demands of work, study, personal and family lives. These include a large system of early education programs, life-cycle support services and peer-mentor circles leveraging original worklife integration content. She has worked with the Clayman Institute for Gender Research on a variety of women's leadership and diversity initiatives and was selected as a 2016-17 Beyond Bias Fellow. Phyllis founded the award-winning Family Services programs at Cisco and her career in the technology sector included a variety of HR, communications, and diversity roles, including serving as the Global Head of Diversity of SAP.

**Caitlin Azhderian, EdM**, WorkLife Portfolio Manager, develops new initiatives and programs that support the Stanford community in navigating the competing demands of work, study, personal and family lives. She has a passion for creating professional and personal growth opportunities through quality programming and educational experiences. The mother of two small children, Caitlin strives to live in a state of "flow"—some days are better than others.





8:00-9:00pm

\*Three 20 minute sessions

Windhover  
Contemplative Center,  
370 Santa Teresa  
Street, Stanford, CA  
94305

## **LABYRINTH WALK AT WINDHOVER WITH REV. JOANNE SANDERS, DMin AND TIA RICH, PhD (click on a session below to enroll)**

Walk your way to a healthier outlook on life. Enter the labyrinth and discover that intentionally walking in a circular pattern can enhance direction in your life – the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Join us at Windhover, a contemplative center at the heart of campus, to walk the labyrinth which is modeled on the 12th-century stone labyrinth located inside Chartres Cathedral in France.

**The Rev. Joanne Sanders**, DMin, Associate Dean for Religious Life at Stanford, preaches and presides regularly at services in Memorial Church. She has brought contemplative practices such as Compline, an evening candlelit service of chanted song, and the Labyrinth, to the Stanford and local community.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

**8:00pm sessions**

**8:20pm sessions**

**8:40pm sessions**



## **P.E.A.C.E. GUIDED MEDITATIONS 9:00-10:00PM (click on a session below to enroll)**

**Session 1:** Meditation for Stanford Undergraduates with Andrew Todhunter. Designed for undergraduate students. In this session, we will learn a simple meditation practice in which we focus on the breath, followed by Q&A and discussion.

**Andrew Todhunter** is a writer, filmmaker, and lecturer at Stanford. He has authored three books, including the PEN USA Literary Award-winning *A Meal Observed*, and dozens of articles for national publications including *National Geographic*, *The Atlantic* and *The Wall Street Journal*. At Stanford, he co-founded the Senior Reflection creative capstone program in Biology, and the LifeWorks program for integrative learning. He often integrates wilderness experiences, meditation and other embodied practices into his teaching.



**Session 2:** Robert Cusick will lead participants in a guided meditation session on the theme and intersection of “mindfulness in the service of cultivating compassion for self and others.”

**Robert Cusick** is a Certified Sr. Stanford CCTTM (Compassion Cultivation Training) Instructor, Grief Counselor at Kara and a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



Branner Hall  
Meditation Room,  
655 Escondido Road,  
Stanford, CA 94305

Havana Room,  
Graduate Community  
Center, 750 Escondido  
Road, Stanford, CA  
94305

BEAM Career Education, Conference Room, 563 Salvatierra Walk, Stanford, CA 94305

Sequence Sculpture by Richard Serra between Cantor Art Center and Anderson Collection at Stanford, 314 Lomita Drive, Stanford, CA 94305

Interfaith Chapel/Sanctuary, 4th Floor, part of the Wellness Center, new Stanford Hospital, 500 Pasteur Drive, Stanford, CA 94305

SRWC, Contemplative Space, Room 120, Recreation and Wellness Center, 900 Warrington Avenue, Redwood City, CA 94063

12:00-1:00pm  
Lathrop Library, Room 282, 518 Memorial Way, Stanford, CA 94305

### **P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM** (click on a session below to enroll)

**Session 1:** Pamela will lead a guided meditation session based on self-compassion as a path to the heart.

**Pamela Paspas**, MA, CPCC, BCC is Assistant Dean and Associate Director of Career Education at BEAM and a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



**Session 2:** Begin your day with a guided walking meditation inside the curved path of Richard Serra's Sequence sculpture. Awaken to your senses in the morning light glowing against the warm rust-colored walls crisply contrasted against the blue sky. Feel the fresh air on your face, hear the birds singing, smell the dew drying on the metal—breathe into a new perspective. NOTE: Please dress for the being outside.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.



**Session 3:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain here at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 4:** Learn the technique of focusing the breath on letting go. This practice can be repeated many times throughout the day in order to de-activate stress reactivity and produce calm in the present moment.

**Patty McLucas** is the founder of Mindful Wellness and has more than 20 years of experience as a wellness consultant. She teaches mindfulness for Stanford's Cancer Supportive Care Program and Health Improvement Program and has taught for other organizations including Apple and Google.



### **STANDING IN MY CARE WITH PHYLLIS STEWART PIRES, MA, AND CAITLIN AZHDERIAN, EdM**

Our values manifest our behaviors and our behaviors shape our lives. Understanding and living your core values, what matters most to you in life, can have a powerful impact on how you create intentional and meaningful experiences. In this interactive session, rediscover your core values, reflect on how these values are expressed, and explore your aspirations to integrate these values in your everyday decisions. Learn reset techniques that support you to be present with your core values and ultimately uncover "your care."



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4:15-5:15pm  
Galvez parking lot at  
the corner of Lasuen  
and Campus drive,  
near the restrooms

### SAVORING STANFORD'S NATURAL BEAUTY: A CAMPUS CONTEMPLATIVE WALK

Listen to the birds and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take, feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and special spots on the Stanford campus.

Learn first-hand what the new science of awe, and the work of Dacher Keltner's lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind and promotes creativity), emotional (promotes positivity) and social benefits of spending time in nature.

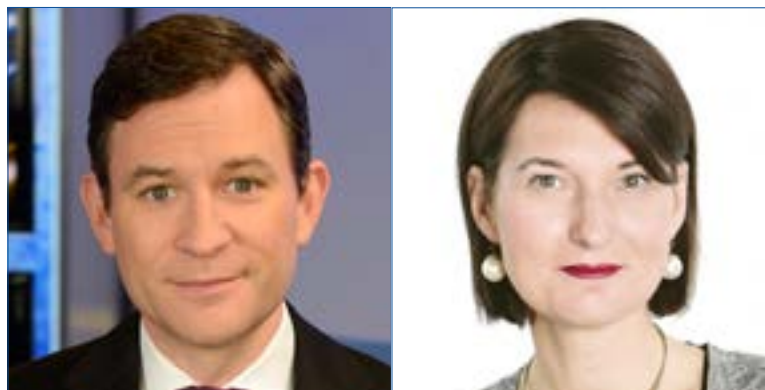
**Diane Renshaw** is a professional ecologist, and has been a docent at Stanford's Jasper Ridge Biological Preserve for 11 years. Diane was ordained as a lay practitioner in the Soto Zen tradition in 1993 and leads retreats on birds and wildflowers at Tassajara Zen Mountain Center.



Photo by Sairus Patel, 2017







7:00-8:30pm  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

**KEYNOTE — MEDITATION FOR SKEPTICS: DAN HARRIS, AUTHOR OF 10% HAPPIER, IN CONVERSATION AND Q&A WITH THE REV. DR. T.L. STEINWERT**

"We all have a voice in our head. It's what has us losing our temper unnecessarily, checking our email compulsively, eating when we are not hungry, and fixating on the past and the future at the expense of the present. Most of us assume we're stuck with this voice, that there is nothing we can do to rein it in – but [there is] an effective way to do just that. It's a far cry from the miracle cures peddled by self-help gurus; instead it is something always assumed to be impossible or useless; meditation." Dan Harris, author of *10% Happier: How I Tamed The Voice in My Head, Reducing Stress Without Losing My Edge, And Found Self-Help That Actually Works – A True Story*

Convinced you can't meditate? You don't have time? Or people will think you have lost your edge? This event is for anyone who has thought about meditation and said, no way! Join acclaimed journalist, author and meditation teacher, Dan Harris in conversation with Stanford's Dean for Religious Life, T.L. Steinwert, as Harris shares how meditation transformed his life and perhaps yours too.

Harris has helped people around the world to discover that meditation can be done by anyone, at any time. Far from dulling your competitive edge, meditation can help you be more resilient, focused and attentive to the what matters most. Harris' experience underscores the theme of Contemplation by Design, *the power of the pause* – the profound impact meditation can have on one's life. His story invites us all to consider how meditation might not just make us happier but transform our lives through a consistent practice of cultivating calm.

Gain insight into the practice of meditation, ways to overcome your resistance and jumpstart your contemplative practice to revitalize your life.

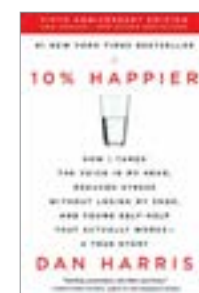
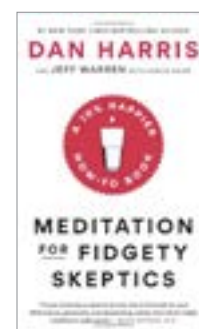
Come with questions to ask Dan Harris during the audience Q&A.

**Dan Harris**, author of *Meditation for Fidgety Skeptics*, and *10% Happier*, a #1 NYT bestseller, known for his simple, effective down-to-earth insights and instructions, believes the power—and practicality—of meditation will be "the next public health revolution." Harris is interested in teaching meditation to doubters and busy people.

With raw and charming candor, Harris shares his experience, discovering meditation after failing to find happiness through workaholism and substance abuse. Harris tells his story as only a reporter can: through deep research, tough questions, clear language, and a healthy dose of dry humor.

Harris is co-anchor for the weekend edition of ABC News' Good Morning America, and a reporter for Nightline. Harris has covered wars in Afghanistan, Israel/Palestine, and Iraq, and produced investigative reports in Haiti, Cambodia, and the Congo. In June, he stepped down as co-anchor of Nightline after six years to focus on his 10% Happier pod cast and company.

As the Dean for Religious Life at Stanford University, Rev. **Dr. T.L. Steinwert** nurtures religious, spiritual, moral, and ethical education. She aims to build relationships amidst difference, and to cultivate healthy practices for the transformation of self and world. Trained as a practical theologian, her scholarly work explores emerging pedagogies for inter-religious education, chaplaincy in higher education, and contemplative studies.



Main Quad

**REFLECTIONS ON THE KEYNOTE 8:45-9:45PM (click on a session below to enroll)**

After Dan Harris' 7:00pm keynote conversation in Memorial Church (see details on previous page), join us for four simultaneous discussions and reflection sessions, each one led by a Stanford expert on social-emotional health and well-being. One session is led by Rosan Gomperts, another by Donovan Yisrael, a third by Roselyn Thomas and a fourth by Jim Thompson. Bios for each leader are below.

Main Quad Building  
300, Room 300, 450  
Serra Mall, Stanford,  
CA 94305

**Reflections session with Rosan Gomperts, CSW**

**Rosan Gomperts, CSW**, Director, The HELP Center. Her clinical interests include: communication skills, management coaching, problems at work, facilitated conversations, couples, parenting, relationship issues, LGBTQ, stress, anxiety, and life transitions.



Main Quad 200,  
Room 002, 450 Serra  
Mall, Stanford, CA  
94305

**Reflections session with Donovan Somera Yisrael, MA**

**Donnovan Somera Yisrael, MA**, is the Senior Health Educator for Mental Health and Well Being in Health Promotion Services at Vaden Health Center. Through his work, he helps people to understand how our cultures/institutions, our psychology and our deep need to connect socially affect our health decision-making and what we can do about it. He integrates the tenets of emotional intelligence and positive psychology into his work with students with the intention of helping them add meaning and happiness to their healthiness. He is trained as a grief educator and has a passion for teaching people about the skill of grieving everything from disappointment to death.



Main Quad Building  
370, Room 370, 450  
Serra Mall, Stanford,  
CA 94305

**Reflections session with Roselyn Thomas, MA**

**Roselyn Thomas, MA**, is the Assistant Director of Programs for the Graduate Life Office at Stanford. Roselyn has previously worked in the non-profit sector with the AmeriCorps program, Public Allies and the organizations Youth Community Service, and the Lucile Packard Foundation for Children's Health, both based in the East Palo Alto and Palo Alto area.



Main Quad Building  
320, Room 105, 450  
Serra Mall, Stanford,  
CA 94305

**Reflections session with Jim Thompson, MBA**

**Jim Thompson, MBA**, is founder of Positive Coaching Alliance, a national non-profit with the mission to use youth sports to develop Better Athletes, Better People. He is co-founder of Recovery Cafe San Jose, a healing community for people traumatized by homelessness, addiction and mental illness. He is an Ashoka Fellow, the author of *Elevating Your Game* and eight other books on coaching and leadership, and a long-time practitioner and student of mindfulness meditation.



BEAM Career  
Education, Conference  
Room, 563 Salvatierra  
Walk, Stanford, CA  
94305

Stanford Children's  
Health, 4100  
Bohannon Drive,  
Room 120, Menlo  
Park, CA 94025

Kingscote Gardens,  
Room 140, 419  
Lagunita Drive,  
Stanford, CA 94305

Labyrinth in Lucile  
Packard Children's  
Hospital Sanctuary  
Healing Garden, 725  
Welch Road, Palo  
Alto, CA 94304

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA  
94304

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

### **P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM** (click on a session below to enroll)

**Session 1:** Pamela will lead a guided meditation session based on self-compassion as a path to the heart.

**Pamela Paspas**, MA, CPCC, BCC is Assistant Dean and Associate Director of Career Education at BEAM and a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



**Session 2:** A simple way to bring mindfulness practice into your life is with awareness of your body. Practice focused mindful breathing and exercises that bring openness and connection to your body for a calm, balanced start to your day.

**Christy Matta**, BeWell Coach and Wellness Manager at Stanford, Author of *The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress*.



**Session 3:** This session will include guided meditations on the breath, body, values and intentions. No meditation experience necessary. Following the meditation, there will be an optional 15-minute period for discussion, Q&A and sharing.

**Sarah Meyer Tapia**, MA, is Associate Director of Health and Human Performance, overseeing the Wellness Education academic program for students. At Stanford since 2013, she has worked in both employee and student wellness, teaching stress management, positive psychology and mindfulness.



**Session 4:** This program will include a short introduction of the history of labyrinths, a brief presentation of basic instructions for walking the labyrinth and time to walk the labyrinth at your pace. You will also receive a handout with the instructions and two printed labyrinths for your personal use.

**Lani Krantz** is an IT Systems Analyst at Lucile Packard Children's Hospital (LPCH) and a Certified Veriditas Labyrinth facilitator.



**Session 5:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain here at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 6:** This magnificent mindfulness journey will start with a simple body energization exercise to help focus the mind and the body, followed by a guided meditation that includes centering breathing and visualization, and ends with a writing or drawing opportunity.

**Dominique Del Chiaro**, M.Ed., is the Senior Programs Manager for the Stanford Health Improvement Program (HIP). Dominique is devoted to offering quality wellness courses based in current research that address the needs of the community. Her vision is to create a culture of wellness where people feel empowered, supported and inspired to thrive. She is a seasoned instructor and trainer and has facilitated wellness courses for more than 25 years. In addition to managing the health education programs at HIP, Dominique teaches meditation, dance and fitness classes.







7:45-8:45am  
Galvez parking lot at  
the corner of Lasuen  
and Campus drive,  
near the restrooms

### SAVORING STANFORD'S NATURAL BEAUTY: A CAMPUS CONTEMPLATIVE WALK WITH CARL CHENEY AND DIANE RENSHAW

Listen to the birds and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take, feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and special spots on the Stanford campus.

Learn first-hand what the new science of awe, and the work of Dacher Keltner's lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind and promotes creativity), emotional (promotes positivity) and social benefits of spending time in nature.

**Carl Cheney** is a docent at Stanford's Jasper Ridge Biological Preserve, where he leads natural science tours and is a member of the Herbarium Team. He has a B.A. in History from Stanford, and is a retired corporate organization development executive.

**Diane Renshaw** is a professional ecologist, and has been a docent at Stanford's Jasper Ridge Biological Preserve for 11 years. Diane was ordained as a lay practitioner in the Soto Zen tradition in 1993 and leads retreats on birds and wildflowers at Tassajara Zen Mountain Center.



12:30-1:45pm  
Memorial Church,  
450 Serra Mall,  
Stanford, CA 94305

### WALKING MEDITATION & CONTEMPLATION OF MEMORIAL CHURCH INSCRIPTIONS WITH THE REV. JOANNE SANDERS, DMin, TIA RICH, PhD

Join us in the awe-inspiring tranquility of Memorial Church for a walking meditation. The event will be centered on the inscriptions carved in the sandstone interior walls of this beautiful sacred space. Assembled by Jane Stanford, these inscriptions represent a collection of instructive and inspirational quotes to nourish the soul and spirit.

**The Rev. Joanne Sanders**, DMin, Associate Dean for Religious Life at Stanford, preaches and presides regularly at services in Memorial Church. She has brought contemplative practices such as Compline, an evening candlelit service of chanted song, and the Labyrinth, to the Stanford and local community.

**Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating contemplative practices into resilience, stress management and career training programs and academic classes at Stanford University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.



### MINDFUL MEDITATIVE MOVEMENT WITH SUE SCHMITT

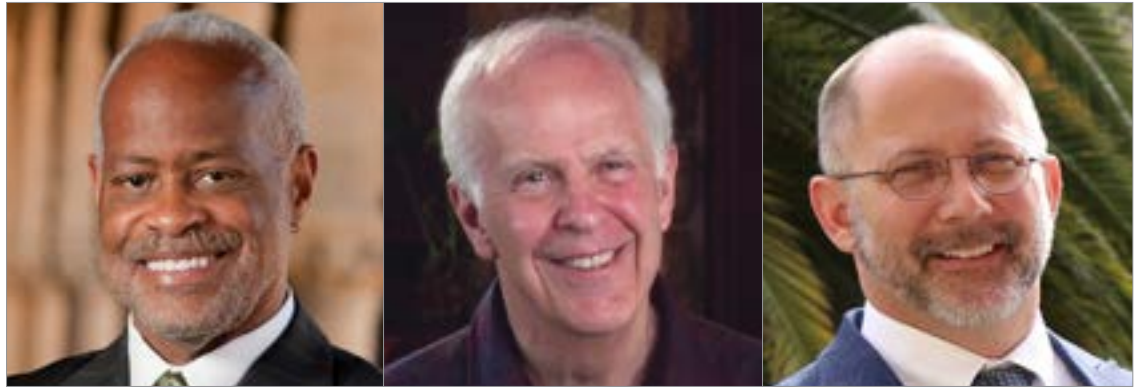
The breath is an amazing resource that is available to you while you are on this earth—whether you are lying down, sitting still or moving. We'll begin this session by paying attention to the breath and becoming aware of what it does in different situations. Then, we will explore ways to use the breath to help and support you in a variety of situations. You will leave this session with a greater awareness of your breath, a sense of calm and some practical new tools you can use every day.

**Sue Schmitt**, Stanford University Controller, is a certified yoga instructor and has been teaching Meditation Mondays once a month at SRWC.



1:30-2:30pm  
SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063





5:30-7:00pm  
Hauck Auditorium,  
435 Lasuen Mall,  
Stanford, CA 94305

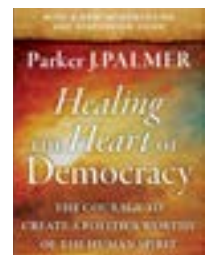
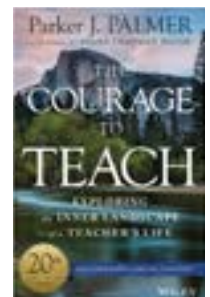
**KEYNOTE — CONTEMPLATIVE PRACTICES, SOCIAL ACTION AND SERVICE: CONVERSATION WITH PROFESSOR HARRY ELAM, PhD, PARKER PALMER, PhD, AND TOM SCHNAUBELT, PhD**

This conversation will focus on the civic community essential to democracy, and how we, both individually and collectively, contribute to cultivation of this community. Elam, Palmer and Schnaubelt will explore the relationships among contemplative practices, secular higher education, and the interpersonal and intrapersonal competencies necessary for "We the People" to be able to "form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity." By delving into the Five Habits of the Heart detailed in Palmer's book *Healing the Heart of Democracy* this conversation will examine the role of educational institutions in both creating the civic community and inculcating the habits of the heart, both at Stanford and in liberal education more broadly. Public service as a form of experiential education designed to foster civic identity and civic competence will be highlighted. The panelists also will reflect on their direct experience with contemplative practices as a framework and as self-development tools that cultivate interpersonal and intrapersonal skills—habits of the heart—necessary for civic community and democracy.

**Prof. Harry J. Elam, Jr., PhD**, is the Senior Vice Provost for Education and Vice President for the Arts at Stanford University. Professor Elam is the Olive H. Palmer Professor in the Humanities and the Freeman-Thornton Vice Provost for Undergraduate Education. He is the author and editor of numerous books on theater and performance and has directed professionally for over 20 years. At Stanford, he has served as an award-winning teacher in the Drama department and he is a member of the College of Fellows of the American Theatre. In 2019 he was elected to the prestigious American Academy of Arts and Sciences. Vice Provost Elam received his A.B. from Harvard College and his Ph.D. in Dramatic Arts from the University of California, Berkeley.

**Parker Palmer, PhD**, is a highly respected writer, lecturer, teacher and activist whose work speaks deeply to people in many walks of life. He is a senior advisor to the Fetzer Institute and founded the Center for Courage & Renewal, which oversees a "Courage to Teach" program for K-12 educators across the country with parallel programs for people in other professions who are looking for ways to reconnect who they are with what they do. Palmer is the author of seven books, including the bestsellers *The Courage to Teach*, *Let Your Life Speak*, and *A Hidden Wholeness*. Named one of the "most influential senior leaders" in higher education, he holds a Ph.D. from the University of California at Berkeley.

**Thomas (Tom) Schnaubelt, PhD**, serves as an Associate Vice Provost and Executive Director of the Haas Center for Public Service. Prior to coming to Stanford, Tom served as dean for Community Engagement and Civic Learning at the University of Wisconsin-Parkside and was the founding executive director of Wisconsin Campus Compact. He also established the Mississippi Center for Community and Civic Engagement, a statewide center based at the University of Southern Mississippi designed to foster and support educational partnerships between K-12, postsecondary, and community-based organizations. Tom began his career in higher education as a service-learning coordinator at the University of Southern Mississippi. Tom serves as resident fellow for Branner Hall, Stanford's public service-themed dorm. He received a PhD in Higher Education Administration from the University of Mississippi in 2001.



## REFLECTION AND INTEGRATION INTO ACTION INSPIRED BY THE ELAM, PALMER, SCHNAUBELT CONVERSATION 7:15-8:15PM (click on a session below to enroll)

After the keynote conversation with Elam, Palmer and Schnaubelt at 5:30pm (see details on previous page), join us for simultaneous discussions and reflection sessions, each one led by a Stanford expert who will guide you toward integration of your inspiration into a personal action plan. One session is led by Roberta Katz, one by Emelyn Dela Pena, and another by Michelle Reininger. Bios for each leader are below.

### Reflection session with Emelyn Dela Pena, EdD

**Emelyn Dela Pena**, EdD, Associate Vice Provost for Inclusion, Community and Integrative Learning, provides leadership for many efforts to support students' sense of community and belonging, as they prepare for their futures as citizens and professionals. Student Affairs organizations reporting through her include: the Centers for Equity, Community and Leadership; Student Activities and Leadership; Fraternity and Sorority Life; BEAM Career Education; the diversity education office; the First Generation Low-Income Office; and the Stanford Band. Emelyn is known for her trusting relationships with students, advocacy for the needs of underrepresented and minoritized students, commitment to fostering learning everywhere students interact, and her deep command of the current scholarship on equity and inclusion.



### Reflection session with Roberta Katz, PhD, JD

**Roberta Katz**, PhD, JD, is an anthropologist and a lawyer. She is a senior research scholar at Stanford's Center for Advanced Study in the Behavioral Sciences, doing research on the traits and values that define the culture of college-age postmillennials (GenZ). Her career includes stints as the Associate VP for Strategic Planning in the Office of the President at Stanford, and as the General Counsel of LIN Broadcasting, McCaw Cellular Corporation (now AT&T Wireless), and Netscape Corporation. Katz also is the current chair of the board of the Exploratorium in San Francisco.



### Reflection session with Michelle Reininger, PhD

**Michelle Reininger**, PhD, is an Assistant Professor (Research) and the co-director of the IES-funded Stanford Interdisciplinary Doctoral Training Program in Quantitative Education Policy Analysis. After nearly a decade, Reininger recently stepped down as the Executive Director of the Stanford Center for Education Policy Analysis (CEPA) allowing her to return to research and teaching. Her research has focused largely on the dynamics of teacher labor markets including preparation, recruitment and retention. She is currently involved in multiple studies of the preparation and early career paths of teachers in the Chicago Public School system. Her work has been funded by the American Education Research Association, the Joyce Foundation, the Smith Richardson Foundation, and the Spencer Foundation. A former chemistry teacher, Reininger received her PhD in the economics of education and an MA in economics from Stanford University and an MA in education policy from the University of Virginia. She is also the Resident Fellow in the Sally Ride House, an all frosh residence at Stanford.



## P.E.A.C.E. GUIDED MEDITATION 8:30-9:30PM

### Meditation in the CIRCLE with Diveesh Singh

Diveesh will be talking about the meditative experience of listening to Kirtan. He will give a brief history lesson about the Dilruba and then play some Kirtan for us.

**Diveesh Singh**, MS, is a recent Stanford graduate in computer science who is passionate about meditation and its health benefits. He also practices Kirtan (religious Sikh hymns), along with playing the Dilruba, a traditional Sikh instrument used as an accompaniment in Kirtan.



Cubberley Room 128,  
485 Lasuen Mall,  
Stanford, CA 94305  
(Location to be confirmed)

Hauck Auditorium,  
435 Lasuen Mall,  
Stanford, CA 94305

Building 300, Room  
300, Stanford Main  
Quad, Stanford, CA  
94305  
(Location to be confirmed)

CIRCLE Sanctuary  
524 Lasuen Mall,  
Stanford, CA 94305

BEAM Career  
Education, Conference  
Room, 563 Salvatierra  
Walk, Stanford, CA  
94305

Interfaith Chapel/  
Sanctuary, in the  
Wellness Center, 4th  
Floor, new Stanford  
Hospital, 500 Pasteur  
Drive, Palo Alto, CA  
94304

SRWC, Contemplative  
Space, Room 120,  
Recreation and  
Wellness Center, 900  
Warrington Avenue,  
Redwood City, CA  
94063

**P.E.A.C.E. GUIDED MEDITATIONS 7:45-8:30AM** (click on a session below to enroll)

**Session 1:** Pamela will lead a guided meditation session based on self-compassion as a path to the heart.

**Pamela Paspa, MA, CPCC, BCC** is Assistant Dean and Associate Director of Career Education at BEAM and a lecturer in Stanford's Wellness Education program in the Division of Health and Human Performance.



**Session 2:** Rev. Dr. Kafunyi Mwamba will lead participants in Guided Healing Touch Meditations to activate your own capacity to transmit healing energy for yourself and others to support physical, mental, spiritual and emotional wellness.

**Rev. Dr. Kafunyi Mwamba** is a PhD Candidate in Palliative Care with Lancaster University, United Kingdom. He is currently a Palliative Medicine Chaplain here at Stanford Health Care with Spiritual Care Service under Rabbi Lori Klein. He is a Certification Candidate in Healing Touch with Healing Beyond Borders.



**Session 3:** Sri will lead guided meditation on present moment awareness with expressions of gratitude, supported by light music. All levels of meditators are welcome.

**Sri Yellapregada** is the Senior Privacy Program Manager at the Stanford University Privacy Office.





12:00-1:00pm  
Bing Concert Hall,  
327 Lasuen St,  
Stanford, CA 94305

### CONTEMPLATIVE CONCERT IN BING CONCERT HALL

Through music and song experience P.E.A.C.E: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes performances by: cellists Provost Persis Drell, Dean Lloyd Minor, and students Jeffrey Kwong, Henry Bair, Danna Xue, Tracy Lang, Evan Kim and Erik Roise; pianist medical student Kevin Sun; a cappella singers Talisman; soprano Kari Kirk; baritone Prof. Steve Goodman; oboist alumnus Benjamin Lloyd; and other members of the Stanford community.

Free and open to everyone.

Special registration is required for this free Bing Concert.

Register for this Contemplative Bing Concert at: [stanfordlivetickets.org/0/9621](https://stanfordlivetickets.org/0/9621)

**Free SRWC Shuttle:** Round-trip from SWRC to Bing Concert Hall.

Register for the shuttle at [tickets.stanford.edu](https://tickets.stanford.edu).

Space is limited and granted to SRWC faculty/staff who register until the shuttles are full.



**TUE. 10/29**

12:00PM **Contemplative Skills for P.E.A.C.E., Tia Rich, PhD** at Stanford Redwood City Campus (SRWC)  
 5:15PM **Healing Qigong, David Wei** at SRWC  
 5:15PM **Prof. Grant Parker discusses *Aristotle's Way: How ancient wisdom can change your life***  
 7:15PM OR 8:30PM **Sound Bath for Pausing the Mind and Refreshing the Body, Danny Goldberg**

**WED. 10/30**

7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 12:30PM **Contemplative Skills for P.E.A.C.E., Tia Rich, PhD**  
 5:15PM **Contemplative Practices for Prevention and Treatment of Traumatic Stress in Youth, Victor Carrion, MD**  
 7:00PM **Sound-based Contemplative Practices Concert with Mirabai and Friends**  
 9:00PM **Guided Meditations** (multiple Stanford campus locations)

**THU. 10/31**

7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 8:00AM **Mindful Yoga in Windhover, Tia Rich, PhD**  
 12:00PM **Living From Open Awareness: "Waking Up" as the heart of contemplative life, Dustin DiPerna, MA**  
 5:15PM **Cultivating Your Inner Compass: Navigating the road of competing values, Dominique del Chiaro, MEd** at SRWC  
 5:15PM **Identifying the Contemplative Practice that Best Fits You and Your Needs, Jeffery Martin**

**FRI 11/01**

7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 12:00PM **Carillon Concert & Community-wide Contemplative Pause**  
 7:00PM **Aware: The science and practice of presence, Dan Siegel, MD, Founder of Mindsight**

**SAT. 11/2**

8:00AM-5:00PM **Contemplative Technology Exhibit and Exploratorium**  
 8:00AM **Healing Qigong, David Wei**  
 9:00AM **1 to 1,000 grains — A mindful holistic process for equity, inclusion and well-being, Prof. Ken Singleton**  
 9:45AM OR 11:30AM **Acupressure and Acupuncture: Self-care skills for contemplative practice, Amalia Reeves, LAc, & Sue Kim, MD, LAc**  
 9:45AM **Body Mapping Workshop, Cari Costanzo, PhD**  
 10:30AM **Growing Our Resilience, Adina Glickman, MSW**  
 11:10AM **Healing Qigong, David Wei**  
 12:15PM **Workshop — Aware: The science and practice of presence, Dan Siegel, MD**  
 3:45 OR 5:00PM **Yoga Nidra, Heather Ford, MFA, C-IAYT**  
 3:45 OR 5:00PM **Yoga Breathing for Contemplative Practices, Swami Ramananda**  
 3:45 OR 5:00PM **Integration: Contemplative practice in academics and the workplace, Yingzhao Liu**  
 7:00PM **Prof. Audrey Shafer, MD and Andrew Ridker in Conversation about his novel *The Altruist***

**SUN. 11/3**

10:00AM **University Public Worship (UPW) with the Venerable Thubten Damcho, Memorial Church**  
 11:00AM **Conversation with the Venerable Thubten Damcho, Round Room, Memorial Church**  
 1:00PM **Guided Meditation in Windhover with the Venerable Thubten Damcho**  
 2:30PM OR 3:45PM **Savoring Stanford's Natural Beauty: A campus contemplative walk**  
 3:30PM OR 5:00PM **Playful Mindfulness: Improv as a joyful journey to confidence, calm, and connection, Lisa Rowland & Ted DesMaisons, MBA, MTh**  
 7:15PM **Jack Kornfield in Conversation with Congressman Tim Ryan about his book *Healing America***  
 9:00PM **Compline and Contemplation, Memorial Church**

**MON. 11/4**

**\*Mindful Monday Meals in Ricker and Branner Halls** Lunch 12:15-1:15pm, Dinner 5:30-8:30pm  
 7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 12:00PM **Integration: Contemplative practice in academics and the workplace, Yingzhao Liu** at SRWC  
 5:30PM **Om Under the Dome, Yoga in Memorial Church, Rebecca Snowball**  
 5:30PM **Standing in My Care Workshop, Phyllis Stewart Pires, MA & Caitlin Azhderian, EdM** at SRWC  
 8:00PM **Labyrinth Walk, Windhover, Rev. Joanne Sanders, DMin & Tia Rich, PhD**  
 9:00PM **Guided Meditations** (multiple Stanford campus locations)

**TUES. 11/5**

7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 12:00PM **Standing in My Care Workshop, Phyllis Stewart Pires, MA & Caitlin Azhderian, EdM**  
 4:15PM **Savoring Stanford's Natural Beauty: A campus contemplative walk**  
 7:00PM **Keynote — Meditation For Skeptics: Dan Harris, author of *10% Happier*, in conversation and Q & A with the Rev. Dr. T.L. Steinwert, Memorial Church**  
 8:45PM **Reflections on Keynote with R. Gomperts, D. Yisrael, R. Thomas or J. Thompson**

**WED. 11/6**

7:45AM **Guided Meditations** (multiple Stanford campus locations)  
 7:45AM **Savoring Stanford's Natural Beauty: A campus contemplative walk**  
 12:30PM **Walking Meditation and Contemplation of Memorial Church Inscriptions, Rev. Joanne Sanders, DMin & Tia Rich, PhD**  
 1:30PM **Mindful Meditative Movement, Sue Schmitt** at SRWC  
 5:30PM **Keynote — Contemplative Practices, Social Action and Service: Conversation with Prof. Harry Elam, PhD, Parker Palmer, PhD and Tom Schnaubelt, PhD**  
 7:15PM **Reflections and Plans for Action Inspired by the Elam, Palmer, Schnaubelt Conversation**  
 8:30PM **Guided Meditation in the CIRCLE**

**THU. 11/7**

7:45AM **Guided Meditations** (multiple Stanford campus locations, including SRWC)  
 12:00PM **Contemplative Concert, Bing Concert Hall**

Color Key: **Blue titles**=practicum-focused sessions **Black titles**=lecture format with some practicum

## CONTEMPLATION BY DESIGN



THE POWER OF THE PAUSE

OCTOBER 29TH - NOVEMBER 7, 2019

contemplation.stanford.edu