HEALTHY LIVING

FALL QUARTER
CLASS SCHEDULE
SEPTEMBER 24 - DECEMBER 7
HIP.STANFORD.EDU
HEALTHY LIVING CLASSES

1) Contemplative Practices, Resilience, and Stress Management
   - Enhancing Resilience By Cultivating a Contemplative Lifestyle
   - Self-Care Principles and Practices
   - Headspace
   - Life’s Purpose Workshop
   - Mindfulness-Based Stress Reduction (MBSR)
   - Personalized Stress Reduction

2) Environmental Health Behavior Change
   - Active Transportation Counseling
   - Is An Electric Vehicle Right For You?
   - Climate Change – What You Can Do
   - Headspace
   - Equine-imity: Stress Reduction in the Company of Horses

3) Health Enrichment
   - Awakening Your Natural Voice
   - Knowing and Using Your Strengths
   - Living With Intention for a More Fulfilling Life
   - On For A Good Nights Sleep Using Headaches to Regulate Your Sleep and Your Life
   - Personalized Fitness Design
   - Reiki Energy Healing Level 1
   - Reiki Energy Healing Level 2
   - Sitting Comfortably At Your Computer Station
   - Sleepio – Digital Sleep Improvement Program
   - Spirituosity – Plus Focus On Knees
   - Tending Your Fall Garden
   - The Sikkhe Method No More Aches and Pains
   - Traditional Oriental Medicine Self-Care Principles and Practices
   - Wellness Coaching

4) Nutrition / Weight Management
   - Boost Your Metabolism
   - Webinar 5k and Beyond Sport Nutrition Recommendations for Better Race Results
   - Holiday Eating: Breaking the Cycle
   - Kurbo – Simple “Traffic-Light” Weight Loss Program
   - Personalized Mentoring for Weight Loss Behaviors
   - Personalized Nutrition Coaching
   - Weight Management: Starting the Journey

5) Prevention & Medical Management
   - CheckUp & Choices – Online Program for Alcohol and Substance Misuse
   - CPR & AED
   - First Aid
   - OMADA – Online Weight Loss Program for Prevention of Diabetes and Heart Disease
   - Smoking Cessation: Intentional Quitting

6) Be Well Engagement Classes
   - Fall In Person Classes
   - Fall Online Classes

7) Contemplation By Design Summit
   - Schedule of Free 9-Day Summit

Three ways to pay:
- Credit card
- Check/Cash – Please note: If you pay by check, you are not confirmed, nor guaranteed a space in the class, until HIP receives payment.
- STAP or EA Funds

STAP Funds for University Staff
All Healthy Living classes that are approved for STAP reimbursement by the University Benefits Department have “STAP/EA Funds Yes” next to the class fee in the brochure. You are eligible if you are a regular staff member working 50% time or more. It is your responsibility to verify that you have sufficient STAP funds before registering for a class.

REFUND POLICY
- 24 hour advance cancellation notice is required for refund or credit, unless otherwise noted in class description.
- No credits or refunds will be issued for missed classes.
- HIP reserves the right to cancel a class when the minimum enrollment is not met (minimum variable by class). Refunds will be issued for cancelled classes.

Health Improvement Program 650.723.9649   http://hip.stanford.edu
In our 35th anniversary year, the Stanford Health Improvement Program pauses to highlight, and appreciate, two of our earliest employees, Julie Anderson and Tia Rich. From the beginning, Julie and Tia have worked to fulfill HIP's mission to create a culture of wellness, promote the science of healthy living, and empower individuals to be self-managers of their health - while also encouraging them to support the wellness efforts of others.

Julie and Tia, you continue to inspire your fellow HIPsters, and your contributions are valued beyond measure.

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Julie Anderson

**How long have you worked at HIP?**

Since April 1991. Many of my colleagues have been here with me for 10-25 years!

**What makes HIP so unique among employee wellness programs?**

I appreciate that we are located within the Stanford Prevention Research Center and consequently, we have a mission of providing science-based programs with a focus on prevention. HIP has been around for 35 years and we've always been a collaborative team who works well together. We care about our employees and community members. I love that we always respect participants' current fitness levels and lifestyle habits; we meet people where they are to help them make and sustain healthy lifestyle behavior changes.

We offer participants many choices in how they engage in wellness. We have group fitness and healthy living (health education) classes that are offered either in-person or through online webinars. Individuals can participate in group classes, or take part in one of many individualized programs. We also work with many community organizations, such as the YMCA, to offer quality programming to community members, as well.

**How did you get started in the field of health promotion?**

I grew up in a home where both my parents were in the healthcare field. Much of my childhood was spent watching my parents care for people, either as part of their professions of nursing and hospital administration, or on a volunteer basis within the community, church, and school settings.

My undergraduate studies were in Health Fitness, which was a perfect combination of my interest in wellness and my love of sports, in the summers I worked at the hospital wellness center. I went back to school after working at HIP for over a decade and got my Masters in Public Health in Community Health Education. Since then, I have earned a certification in Wellness Coaching. I was part of the inaugural cohort to go on and get Nationally Board Certified as a Health & Wellness Coach in 2017.

**What do you like about working at HIP?**

Creation of health and well-being by the community for the community defines my work life. Most of all, I like that as a member of HIP, I’m a part of an ancient and most worthwhile effort by mankind to understand and live by the Golden Rule. I’m honored to be invited by participants to support them as they cultivate health and well-being for themselves, their colleagues, families and communities. I’m grateful to be a member of a skilled team of caring and compassionate colleagues who solve problems and help others.

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Tia Rich

**How long have you worked at HIP and how did you get started here?**

In the crisp air and golden light of HIP’s first Autumn, I walked from the President’s office to the plumbers’ shop, the libraries to the labs, delivering Red Delicious apples garnished with stickers of HIP’s logo inviting faculty and staff to enjoy their new benefit. “Where People Blossom,” silkscreened on my shirt, was HIP’s original tagline. People happily answered when I asked, “What matters most for your health and well-being?” Employees ranging from scientists and doctors, to clergy and deans, poets and painters, gardeners and cooks talked broadly about their health and well-being. I listened then, and continue to listen now in order to create programs that support what they value and need to be healthy, flourish, and serve others in the ways that they find meaningful.

Sandra Day O’Connor inspired me in her 1982 Stanford commencement address when she said “the main goal each of you should have in life is to solve problems and to help other people.” That really is the mission of HIP. From prevention research in the School of Medicine, HIP emerged as a university-wide program in 1983. I joined a pioneering team promoting health and preventing disease via innovative community programs. Right away I felt a lasting kinship with people practicing the art and science of health promotion.

Becoming a health promotion professional began with Stanford undergraduate and master’s studies in human biology and health psychology, and continued through research teaching experience. A 15-month residential certification program at The Himalayan International Institute of Yoga Science and Philosophy broadened my interdisciplinary approach, which is HIP’s approach. In 1995, I earned a Ph.D. in Social Welfare from U.C. Berkeley which further equipped me with tools for problem solving and helping others. As a HIP manager, Contemplation By Design Director, and WELL for Life research assistant, I continue to grow to better serve participants.

**What do you like about working at HIP?**

I’m honored to be invited by participants to support them as they cultivate health and well-being for themselves, their colleagues, families and communities. I’m grateful to be a member of a skilled team of caring and compassionate colleagues who solve problems and help others.
Delight in developing daily lifestyle habits that render the resilience-building benefits of contemplative practices. Resilience is the ability to efficiently bounce back after hard times and adapt to change, and more importantly, to learn from both. This increases a person’s capacity to manage stress, deal with difficult feelings and handle what comes their way. Thus, resilience supports professional excellence. Fifty years of research has shown that contemplative practices, such as mindfulness, self-compassion, breathing, reflection, quieting the thinking mind through gentle movement, gratitude, journaling, awareness of nature walks, and experiencing membership in something larger than your personal life, all enhance resilience.

This 2-session workshop, in conjunction with Stanford's 2018 Contemplation By Design (CBD) Summit, will equip you with tools from the science of behavior change. (namely, identify the behavior change goal, develop a plan, evaluate the resources and barriers, act on plan for two weeks, reassess and revise plan as needed) for creating or strengthening your contemplative lifestyle routine. Enjoy developing a personal resilience-building lifestyle action plan during these two 1-hour sessions. Learn ways to deepen and enhance your engagement with the numerous contemplation-related opportunities offered in the CBD Summit, and thus maximize the benefits you receive from the free Summit sessions you attend.

Please note: This class qualifies for the 2018 BeWell Engagement incentive.

Instructor: Tia Rich, PhD, is the Senior Specialist in Health Promotion. Dr. Rich’s creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

EQUIV-E-IMITY: SOMATIC HORSEMANSHIP – 1 HOUR INDIVIDUAL SESSION

Do you wonder what it means to be “healthy as a horse”? This 4-week course uses the horse-human relationship to enhance our ability to breathe deeply and relax, to self-regulate our emotions, and to apply stress relief techniques. Horses help us develop these skills through their magniﬁcent strength, grace, and reading of body language. They teach us to use all our senses plus breath and movement to release stress, heal, and invigorate the body.

Using techniques from mindfulness meditation, tai chi, qigong, yoga, Reiki, and nature-based therapy, you will learn to ground, center, and relax by touching and breathing with horses. The Harvard Medical School Guide to Tai Chi cites medical studies showing the value of tai chi and qigong on long-term stress reduction and improvement in cognitive function. Horse-assisted somatic or “of the body” learning, in combination with daily practices offered in class will help you establish a lasting and healthy integration of your physical movements and senses with your intellect, emotions, and intuition. The course includes 4 classes plus 1 individual private session. No horse experience needed.

Please note: This class qualiﬁes for the 2018 BeWell Engagement incentive.

Life’s Purpose Workshop: Exploring Purpose for Health, Happiness, and Longevity

“The meaning of life is to find your gift. The purpose of life is to give it away.” — Pablo Picasso

Have you ever wished for more professional and personal fulfillment? In the past few decades, studies on longevity have shown that people who live a “purpose-driven life” not only ﬁnd more meaning and fulﬁllment, but are also healthier and happier. In this 5-session workshop, you will learn why purpose is important to your health, and we will take a methodological approach to ﬁnding your purpose and putting it in the driver’s seat for living a healthier and more fulﬁlled life.

By the end of this class, participants will be able to:
• Identify the health beneﬁts of having purpose in life (such as reduced stress, anxiety, better sleep, lower mortality)
• Recognize their values (reﬂection activities and conversations on personal values systems)
• Deﬁne the positive impact of value-based behaviors on health (review the effect of value afﬁrmation in behavior change)
• Uncover their passion and talents/gifts through reﬂection, worksheets, and guided discussion
• Align values, passions, and gifts with purpose (class activities to deﬁne top 5 passions and top 5 gifts in a purpose formula)

Please note: This class qualiﬁes for the 2018 BeWell Engagement incentive.

Instructor: Jayna Rogers, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, smoking cessation, weight management, women’s health and wellness coaching for long-term behavior change.

Susan Saba, MPH, has a background in health education program planning, group facilitation, and health behavior change. Prior to joining HIP, she worked at Stanford Prevention Research Center (SPRC) as a social research professional on health outcomes and chronic disease prevention.

HEADSPACE – MEDITATION MADE SIMPLE

Headspace is your very own personal guide, here to help you train your mind. Meditation is a way to give your mind the time to pause, detach, and re-energize in order to manage stress, increase happiness, and boost focus for sustainable high performance.

Research has shown that Headspace can help individuals learn to cope more effectively with work pressures, and reduce stress and mind wandering. Headspace also has been shown to improve compassion, happiness, and mood. Meditation in general has been found to improve sleep, anxiety, working memory, and pain management.

With this digital program’s 1-year subscription, you’ll have access to every meditation and mindfulness exercise in the Headspace Library as well as animated lessons that teach you how to use mindfulness to improve your overall sense of well-being. That means over 650 hours of unique, guided content. Lessons and exercises focus on topics ranging from pain management to relationships to creativity and last anywhere from 2 to 60 minutes. Completion of the Basics series is recommended before progressing to other paths.

Special Two-Step Registration Process

Step 1 – Register for the Headspace program at hip.stanford.edu
Step 2 – Receive email from HIP with unique code and instructions for how to access your program.

Please note: This class qualiﬁes for the 2018 BeWell Engagement incentive.

Instructor: Bevery Kane, MD is a Family Medicine physician and equine-assisted learning specialist on the faculty of Stanford Medical School. For the 4-week class, Dr. Kane will be assisted by Robin Murphy, RATH-Certified Therapeutic Riding Instructor, with extensive experience in teaching adults and children.

**Health Improvement Program**

650.723.9649
CONTEMPLATIVE PRACTICES, RESILIENCE & STRESS MANAGEMENT

MINDFULNESS-BASED STRESS REDUCTION (MBSR)
This class is co-sponsored with the Stanford Center for Integrative Medicine.

It has been known for centuries in the meditative traditions, and now widely accepted in western culture, that the sustained practice of mindfulness meditation can have profoundly healing and transformative effects on one's life. This 8-week class is modeled on the program taught at the U MASS Stress Reduction Clinic, and will focus on mindfulness meditation to help you gain a new understanding of how stress affects your life, and how life can be lived more fully. Included in the class fee is the text Full Catastrophe Living by Jon Kabat-Zinn, handouts, and recorded meditations.

PLEASE NOTE: This class qualifies for a BeWell Engagement incentive.

Instructor: Mark Abramson, DDS, is the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford.

PERSONALIZED STRESS REDUCTION

This 3-session personalized program is designed for people who would like to understand and learn ways to better manage the stress in their lives. Practicing mindfulness has been empirically shown to improve quality of life and reduce the symptoms of stress, whether it manifests as anxiety, depression, physical agitation, or illness. With 1:1 support in a comfortable, individualized setting, you will be introduced to mindfulness techniques such as breath awareness, meditation, body scan, and gentle yoga and begin to develop a practice that resonates with you and fits into your lifestyle. We will also practice awareness of automatic thoughts, re-framing, and connecting to the values that inform the life you want to lead. You will be contacted within 5 days of registration for scheduling.

Instructor: Patty McLucas, MSW, LCSW, is the founder and facilitator of Mindfulness-Based Stress Reduction (MBSR) programs at Stanford.

Sun/Date Time Location Fee Code
TUE 9:30-10:15 9/25-10/13 Li Ka Shing Learning Ctr., Rm 130 $350 (adults 18+) mem-01
SATURDAY RETREAT: NOVEMBER 3, LITA AKI SHINO LEARNING CTR, BN 01

ENVIRONMENTAL HEALTH BEHAVIOR CHANGE

ACTIVE TRANSPORTATION COUNSELING™
Learn to gradually expand your non-auto transportation without aiming for perfection. In this 1-hour session, in-person or in two 30-minute phone calls, talk with an experienced health behavior counselor to set goals and overcome barriers that stand between your good intentions and a more eco-friendly lifestyle. Even trying once a month can be a good start. In addition to environmental and economic benefits, active transportation provides great health advantages such as increased exercise and stress reduction.

For Stanford employees, there will be support for accessing Commute Club opportunities, if desired. For questions, call Jane Rosten, 650.498.4744

Instructor: Jane Rosten, MSW, LCSW, Manager of Stanford HIP's Environmental Behavior Change Program.

Day/Date Time Location Fee Code
TUE 10/10-10/25 6:30-8:00pm Li Ka Shing Learning Ctr., Rm 205/206 $75 (students, kids) localr-01

CLIMATE CHANGE: WHAT YOU CAN DO

Climate disruption, one of the foremost challenges of our time, has many implications for both our personal health and the health of our planet. Atmospheric carbon dioxide (CO2), the primary cause, has increased to levels never observed before. With US withdrawal from the Paris Climate Accord, many are asking what they can do to have an impact on climate change. Fortunately, we can take action with a variety of approaches to safeguard the planet, lower our carbon footprints, and in the process save money, improve community, and improve health.

This fun class is comprised of 3 sessions, designed to turn good environmental intentions into action. The course takes much guesswork out of which actions have greatest impact, providing a roadmap for where to spend precious time.

Participants will be introduced to skills such as how to ‘green’ transportation at your own pace, save energy at home, recycle better, grow your own food, make dietary changes, impact policy, and more. Instructors will combine their expertise from over two decades of professional work on the issue, with behavioral science and group support, to help participants make a difference.

PLEASE NOTE: This class qualifies for a BeWell Engagement incentive.

Instructor: Steve Attinger, MBA, COIR, is the Environmental Sustainability Manager, City of Mountain View, and Jane Rosten, MSW, LCSW, is the Manager of Stanford HIP’s Environmental Behavior Change Program.

Day/Date Time Location Fee Code
TUE 10/10-10/25 6:30-8:00pm Li Ka Shing Learning Ctr., Rm 205/206 $75 (students, kids) localr-01

IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

Are you considering leasing or buying an electric vehicle (EV) and want real information versus a sales pitch? Come hear from a panel of local, long-time EV drivers and experts on their experiences. Get your questions answered on the difference between all-electric and plug in hybrid EVs, EV charging (home, work and public space), range anxiety misconceptions, battery longevity, buying vs. leasing, and the environmental, economic, and personal benefits of EV adoption.

*As a bonus, before class (starting at 4:15pm) and 30+ minutes after class ends at 7:30pm, there will be a number of EVs to explore in the center of Campus and the environmental, economic, and personal benefits of EV adoption.

Instructors: Sven Thesen is the founder of Project Green Home in Palo Alto (ProjectGreenHome.org). Sven is a chemical engineer and one of 2,000 scientists who won the Nobel Peace Prize in 2007 along with former Vice President Al Gore, for his work on IPCC climate guidelines. Sven is often referred to as the EV angelist for his work in promoting electric vehicles.

3 Jim Barbera is the Systems Engineer at ChargePoint (the nation’s largest charging company). Jim is versed in all aspects of EV life, including leasing, buying, charging, maintenance, installing charging stations and solar panels. He is now on experienced EV driver (85,000 electric miles), and has driven nearly all makes and models of EVs.

Marc Geller is the founder and member of the Board of Directors of Plug In America, and Vice-Chair of the Board of Directors of the Electric Auto Association. Marc has been driving an electric car since 2001, and is one of the earliest EV adopters' advocates.

Instructor: Jane Rosten, MSW, LCSW, is the Manager of Stanford HIP’s Environmental Behavior Change Program.

Day/Date Time Location Fee Code
TUE 10/23 1:30-7:30pm Mitchell Park Community Ctr, Palo Alto FREE ecars-01
AWAKEN YOUR NATURAL VOICE

As we age we can begin to experience a decline in our vocal quality. Our voices may be rasper, thinner and we may get out of breath more easily. Sometimes our voices deepen and we lose the ability to touch those sweet higher notes in speaking and singing.

In this 5-session class, you will learn a series of integrated breath/movement and vocal techniques that can help you rediscover your natural and free voice. This measurable and relaxed process will invite your whole body to release the natural vitality and resonance of your voice. You will discover new depth, range, and expressiveness to your vocal quality. The valuable techniques you learn in this course can be practiced just 10 minutes a day to help you continue to improve the health and quality of your voice.

Awaken Your Natural Voice will give you the confidence and ease that you need for meaningful communication whether you are a business presenter, performer, parent, friend, or teacher.

Instructor: Deanna Anderson is a dancer, actor and movement therapist. Her training includes professional certification in the Expressive Actor Method, which synthesizes acting, voice and movement into a unified method for development.

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KNOWING AND USING YOUR STRENGTHS

This course is designed to help you understand and focus on your unique talents that can be developed into true strengths. According to the Gallup Organization, individuals who use their talents and strengths each day are 6 times more likely to be engaged in their work, their careers, and their lives.

During this facilitated course, you will see new ways to view yourself and your co-workers. We each have talents and when we honor the talents in ourselves and others, we can create a powerful and positive work environment. Join us to:

- Learn the difference between talents and strengths
- Identify ways to develop your talents into strengths
- Find ways to use your talents each day and support others to do the same

As a part of this course, participants will receive a code for the Clifton StrengthsFinder assessment. Participants are asked to complete this 35-minute online assessment prior to class. The tool identifies your top 5 talents from the list of 34 potential strengths. Please bring this list of top 5 strengths to class.

Facilitator: Patty Purpur de Vries, MS, Associate Director of Strategy and Engagement for the Health Improvement Program and BeWell.

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NEW! LIVING WITH INTENTION FOR A MORE FULFILLING LIFE

Research shows that living a life of intention and purpose provides fulfillment and contributes to longevity. Yet often, our days are filled with commitments and little time is spent doing what is most important to us. Overtime, this can be exhausting and overwhelming. How can we rediscover what is most important to us (our values), and feel more alive each day?

In this 6-week class, you will be guided through the process of reconnecting with your values, uncovering what contributes to your fulfillment, and exploring how to live your life in alignment with your values. Through partner work, mapping exercises, guided meditations, and reflective writing, you will learn concrete tools for living a life of intention and managing the barriers that hold you back.

Please join us

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive.

Instructor: Elizabeth Buckley Skolnik is a Certified Professional Co-Active Coach (CPCC). Elizabeth brings her extensive experience as a Life Coach in private practice, a Leadership Coach within the corporate world, and a Wellness Coach for Stanford’s BeWell and Health Improvement Programs to her passion for helping individuals make behavior change in the areas of decision making, emotional regulation, wellness, and life balance.

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OH, FOR A GOOD NIGHT’S SLEEP: USING MINDFULNESS TO REGULATE YOUR SLEEP AND YOUR LIFE

Discover how the simple practice of mindfulness can help transform your lifestyle habits to set the stage for a peaceful night’s sleep. In this 2-session class, we will review core aspects of wellness – sound sleep, stress reduction, consistent exercise, and healthy eating – and learn how the quality of these fundamental activities affects each moment of our day. Experience guided meditations that will help you feel better and improve your ability to cope with the typical stressors of daily life. You will learn current guidelines for good sleep hygiene and the most common causes of difficulty falling asleep or nighttime wakefulness. Class activities will include goal setting for implementing healthy sleep habits, tracking sleep patterns, and assessing results.

Instructor: Patty McLucas is the founder of Mindful Wellness, which delivers programs in stress reduction, mindful eating, sound sleep and mindful leadership communication to organizations including Apple and Google. Patty has been a Wellness Consultant for over 20 years, and she teaches Mindfulness Meditation for Stanford’s Cancer Supportive Care Program, and Mindfulness Based Stress Reduction (MBSR) for HIP.

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PERSONALIZED FITNESS DESIGN

This 3-week individualized program is designed for those who would like guidance and/or support to begin, sustain, or ramp up their exercise endeavors. Whether you’d like to start a walking program, improve your cardiovascular function, body composition, flexibility, or just explore new ways to be active, these 1:1 sessions with an experienced exercise physiologist and wellness coach will help you to create a safe, fun, and effective plan of action. Meeting in a supportive and non-judgmental space, you will be able to set goals, review progress, explore challenges, and refine your plan to make physical activity a rewarding and core component of your healthy lifestyle. This is a non-gym based program focused on empowering individuals to become self-managers of their health.

Note: The first session is 1-hour followed by two 45 minute sessions. You will be contacted within 5 days of registration for scheduling.

Mentor: Cecille Tabenero, MS, CPT, EP-C, is a certified ACSM Exercise Physiologist and Health Screening Manager for the BeWell program. Cecille has over 20 years of experience in the field of exercise physiology, physical training, health and wellness. She believes in “meet people where they are” in order to build a foundation and establish rewarding and sustainable healthy habits.

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Mentor: Maia Tamanakis has over 15 years of experience in personal fitness and is also an experienced wellness coach with certifications in personal training, wellness coaching, and behavior change from the American Council on Exercise and WellnessCoaches. She has been a BeWell coach for over two years and loves supporting others in their journey towards personal transformation and optimal well-being.

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HEALTH ENRICHMENT

REIKI ENERGY HEALING – LEVEL 1
Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body’s own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

In this Saturday class, the history, benefits and principles that guide the practice of Reiki will be introduced. You will learn the basic hands-on healing positions and how to receive an energetic attunement. The human bio-energy field and techniques of energy perception, cultivation, grounding and clearing will be discussed and experienced. Students will practice self-healing and giving and receiving Reiki sessions to classmates. Leave the class with the confidence to share Reiki with your family, friends, pets, and plants.

Your level 1 certificate allows you to advance to Level 2 Reiki training when desired.

Instructor: Linda Alderman, BA, Reiki Master practitioner and teacher.

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REIKI ENERGY HEALING – LEVEL 2
Reiki is a natural healing art in which universal life force energy is applied with light touch, either on or slightly above certain areas of the body. This awakens the body’s own wisdom and natural healing powers, inducing a state of deep relaxation and balanced energy.

Level 2 You will learn to focus and develop your Reiki healing energy using three mantras and symbols: the Power symbol, the Mental/ Emotional symbol and the Distance Healing symbol. Three additional attunements will be provided that expand your abilities and energetic awareness. Full treatment protocols will be discussed. You will learn how to use Reiki to assist people, places and global situations remotely, beyond present time and space.

Level 1 Reiki certification (any lineage) is a prerequisite.

Instructor: Linda Alderman, BA, Reiki Master practitioner and teacher.

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<tr>
<td>SAT</td>
<td>11/10</td>
<td>9:30am-5:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 208</td>
<td>$225</td>
<td>rh-02</td>
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Wellness On Wheels
Are HIP classes too far from your work location? Let us bring one to your Stanford department.

FOR MORE INFORMATION VISIT US AT HTTP://HIP.STANFORD.EDU

SITTING COMFORTABLY AT YOUR COMPUTER STATION
Would you benefit from customized help at your workstation? Even with good ergonomic equipment, the way you use your workstation can make all the difference. Improving habits for sitting and standing comfortably at your computer can relieve stress. You will learn to make small adjustments in commonly used actions at your desk, improve skeletal support in your chair and while standing in order to alleviate pain in your neck, shoulders, back, and arms. Take the guesswork out of working pain free, prevent injury, and reverse bad habits before they become chronic. Please allow two weeks for instructor to contact you.

Instructor: Jean Elvin, MFA, GCFP. Jean is a Guild Certified Feldenkrais Practitioner, with professional ergonomic evaluation experience. She has a cooperative relationship with Stanford Ergonomics at Environmental Health and Safety. Jean also teaches “Feldenkrais, an Antidote to RSI, Back, Neck and Shoulder Tension” for HIP. Class code: feld-01.

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<tr>
<td>By appointment</td>
<td>Your workstation</td>
<td>$150 (online: 160)</td>
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SLEEPIO – DIGITAL SLEEP IMPROVEMENT PROGRAM
Sleep plays an essential role in regulating our emotions, behavior, and physiology. In fact, lack of sleep has been linked to 7 of the 15 leading causes of death in the United States, including heart disease, cancer and stroke. Sleepio is a digital sleep improvement program; scientifically proven to work. Over several weeks, you’ll learn evidence-based techniques to improve your sleep using Cognitive Behavioral Therapy (CBT). CBT trains people to address the mental (or cognitive) factors associated with insomnia, such as the ‘racing mind’ and to overcome worry and other negative emotions that accompany the experience of being unable to sleep.

The program consists of automated weekly sessions of about 15 minutes each, which you can view wherever and whenever is convenient for you, on your computer, tablet or phone. You’ll also gain access to a library of articles and guides that cover common problem areas like sleepiness, shift work, and jet lag.

To get started:
Step 1 – Discover your Sleep Score for free at https://www.sleepio.com/stanford
Step 2 – Register through HIP and continue with the full online sleep improvement program

PLEASE NOTE: This class qualifies for a BeWell Engagement incentive

Instructor: Sleepio’s virtual sleep expert, The Prof, will guide you through the program. The Prof will help you get your sleep back on track by providing techniques tailored to your specific problems and progress.

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<tr>
<td>Mon</td>
<td>10/12-10/16</td>
<td>10:00-20:00pm</td>
<td>Li Ka Shing Learning Ctr., Rm 203/204</td>
<td>$225</td>
<td>sleepio-01</td>
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TENDING YOUR FALL GARDEN
This class is co-sponsored with the School of Earth, Energy & Environmental Sciences
Plant your winter garden this fall! Gardening provides a wholesome activity that promotes the health of both mind and body.

Instructor: Helen Wild, is a Master Composter for San Mateo County, and holds an Advanced Certificate in Ecological Horticulture from the University of California Extension in San Mateo County.

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<td>Mon</td>
<td>10/15-10/29</td>
<td>9:30-10:30am</td>
<td>O’Donohue Stanford Educational Farm</td>
<td>$195</td>
<td>garden-01</td>
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THE GOKHALE METHOD: NO MORE ACHES AND PAINS

Improving posture and movement is one of the simplest and most powerful ways of reducing pain, elevating mood, and improving performance. The Gokhale Method uses personalized coaching and cutting-edge technology to transform the way you sit, stand, walk, and exercise.

You will use the recently invented Gokhale Spine Tracker™ wearable to get a real-time read of the shape of your spine as you learn improved ways to be in your body. Attain a new level of wellness and enjoy a fascinating journey into the anthropology, history, and anatomy of human structure and movement.

The workshop is taught by two qualified Gokhale Method teachers and capped at 20 students, allowing for lots of hands-on guidance and individualized feedback. Each participant receives a private online follow-up session with Monisha White, a PDF copy of Gokhale’s 8 Steps to a Pain-Free Back, a streamable version of Back Pain: The Primal Posture Solution, and a Stretchsit® cushion.

Class format: 3 hour morning instruction, a bring your own-lunch discussion hour, 3 hour afternoon instruction.


Monisha White is a qualified Gokhale Method teacher. Ms. White is a recent Stanford graduate (B.S. in computer science) and Esther’s youngest child. Being raised with the Gokhale Method has enriched her life and kept her natural posture intact.

Day  Date  Time  Location  Fee  Code
SAT  10/6  9:30am-4:30pm  Li Ka Shing Learning Ctr., Rm 208  $545 (students, 16+)  gokn-01

Day  Date  Time  Location  Fee  Code
SAT  10/6  9:30am-4:30pm  Li Ka Shing Learning Ctr., Rm 208  $545 (students, 16+)  gokn-02

TRADITIONAL ORIENTAL MEDICINE SELF-CARE PRINCIPLES AND PRACTICES

This practical introduction to the ancient wisdom of Traditional Oriental Medicine (TOM), also often called Chinese Medicine, is a 5-session course in which knowledge and practical self-care skills are cultivated for the purpose of improving and strengthening the healing potential of your body.

You will learn basic TOM, including theories of qi, yin and yang, the 5 elements, and acupuncture meridians and apply them during practices of acupressure and qigong movement. At course completion, you will be able to use acupuncture points and movement patterns to influence the physical and emotional health of specific organ systems of your body. You will also be able to apply qigong breathing techniques to your daily activities in order to relax, improve your mental clarity, and emotional awareness. The power of healing is in your hands. Please join us. This Monday through Friday class (Oct. 22-26) will focus on one of the 5 Elements each night.

PLEASE NOTE: This class qualifies for the 2018 BeWell Engagement incentive.

Instructor: Luca Moschini, Dipl. ABT (Asian Bodywork Therapy) is the founder and head instructor of Dashen® Foundation of Acupressure and qigong training. Luca is currently a faculty member of Five Branches University of Acupuncture and Traditional Chinese Medicine in San Jose, CA. He also has a private practice in Ashland, Oregon and Mountain View, California.

Day  Date  Time  Location  Fee  Code
M-F  10/22-10/26  5:45-7:00pm  HRP-Redwood Bldg., Rm T138B  $200 (students, 16+)  tocm-01

WELLNESS COACHING

Are you eager to make lasting change in an important area of your well-being?

What is Wellness Coaching?

During these 5 Wellness Coaching sessions, you will work 1:1 with an experienced coach who will support you in uncovering your motivations and leveraging your strengths to reach personal goals and sustain healthy behaviors. Your coach will partner with you as you set clear and attainable goals in each session, and help you navigate the path to success.

The first session is a 1 hour conversation, usually conducted via phone, with the option of doing it in person. The initial session is followed by a subsequent 15-30 minute telephone conversations.

What Wellness Coaching is it NOT?

Unlike personalized nutrition coaching or personal stress reduction, wellness coaching is for individuals who have an interest in making broader life changes. While participants are welcome to work on making changes to their eating and/or stress management behaviors during the course of wellness coaching, wellness coaches might not be content experts in these areas. If you are interested in specific diet or stress management advice, please consider registering for Personalized Nutrition Coaching or Personal Stress Reduction, respectively.

Please read our coaches’ biographies carefully before registering, as each of them brings a unique set of specializations and experience, and differ in their availability.

Coach: Julie Anderson, M.M., has been with HIP since 1991 and is currently the Manager of the BeWell Wellness Profile Program. Julie has a BS in Health Fitness, a Masters in Public Health, and holds a Wellness Coaching certification through Wellcoaches®. As a working mom in her early 50s, Julie knows what it’s like to juggle work, marriage, parenting a young child, and prioritizing wellness.

Day  Date  Time  Location  Fee  Code
TBD  Location  Fee  Code
TBD  Phone  $275 (students, 16+)  well-04A

Coach: Debbie Baltz received her PhD in Social Psychology from Princeton and came to HIP in 1992. As both the Manager of HIP’s group weight management programs, and as a working mom, she understands the realities of trying to fit in physical activity and healthy eating while living a busy life. She enjoys helping others identify and manage their barriers to a healthy lifestyle.

Day  Date  Time  Location  Fee  Code
TBD  Location  Fee  Code
TBD  Phone  $275 (students, 16+)  well-06B

Coach: Joyce Rogers, MPH, is the Health Education Manager for the Health Improvement Program and the BeWell Employee Incentive Program Workshop Coordinator. She has been a health educator and researcher for the Stanford School of Medicine for 20 years in the areas of chronic disease self-management, smoking cessation, weight management, women’s health and wellness coaching for long-term behavior change.

Day  Date  Time  Location  Fee  Code
TBD  Location  Fee  Code
TBD  Phone  $275 (students, 16+)  well-04B

Coach: Elizabeth Skolnik is a Certified Professional Coach, brings to the table experience as a Wellness Coach with the Stanford BeWell Program and Leadership Coach with in the corporate world. She has a long career working with individuals wishing to make lasting behavior changes in the areas of decision making, emotional regulation, and living a more balanced life. She will meet you where you are with compassion, non-judgment and insight.

Day  Date  Time  Location  Fee  Code
TBD  Location  Fee  Code
TBD  Phone  $275 (students, 16+)  well-04C

REGISTER ONLINE  http://hip.stanford.edu  Health Improvement Program  650.723.9649
**BOOST YOUR METABOLISM**

Do you want to rev up your metabolism and burn more calories around the clock? There are certain things about your metabolism you can’t control, like gender, age, and genetics. There are some things, however, that you can control, such as when and how you exercise, how much you eat, and when and what you eat. In this popular class, you will learn ways to encourage your body to burn calories, rather than storing them as fat. Bring a calculator and learn how to estimate your own basal metabolic rate!

Instructor: Joyce Hanna, is the Associate Director of KFP, and an exercise physiologist, nutritionist, and behavioral health consultant. Joyce has been with KFP since 1991, and is the director of the annual Stanford Alumni Healthy Living retreat for women, and the director of Living Strong Living Well, an exercise program for cancer survivors.

**NEW! | DIET HOW TO’S OF METABOLIC HOMEOSTASIS**

Homeostasis describes how the human body regulates fluid, nutrients, and temperature balance. The current diet culture repeatedly tells us that we must do all the work to keep our body in balance through “clean eating,” fasting, and cleansing. These messages lead to confusion and sometimes anxiety over not doing the right thing.

Join this 4-week class to learn and practice sound nutrition principles. Not only will you learn the basics of nutrition from a metabolic perspective, you will participate in a healthy diet boot camp where each week, as a group, we will review eating patterns and practice what we learn. There will be opportunities to share the emotional and physical changes we experience. Learn how the digestive system and metabolic system (related to hunger and satiety) work, and increase your confidence to choose foods that best meet your personal health needs.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

Instructor: Gretchen George, PhD, RD, is an Assistant Professor in Nutrition at San Francisco State University. Prior to her faculty position, she worked at Stanford Prevention Research Center as a Research Dietitian on multiple weight loss studies.

**NEW! | 5K AND BEYOND: SPORT NUTRITION RECOMMENDATIONS FOR BETTER RACE RESULTS**

Gels, bars, and protein shakes, oh my! How can you power your race effectively, avoiding the pitfalls of the “bonk” and stomach issues? Most endurance runners, from beginner to professional, often lack a solid nutrition plan to support their training and race day regimen.

In this webinar, you will learn sports nutrition strategies and guidelines based on the latest science, to optimize your 5K or other extended endurance endeavor. This class will take into consideration individual body weight to determine carbohydrate, protein, and fat fuel intake, as well as optimal fluid replacement strategies. An effective nutrition plan can turbo-charge your training and get your diet “up to speed.”

Instructor: Marian John, MPH, is the Lead BeWell Coach and the Physical Activity Coordinator for the 10K for Wellness program at the Stanford Graduate School of Business.

**HOLIDAY EATING – BREAKING THE CYCLE**

Fall is around the corner and so are the winter holidays! This time of year we may look forward to joyful experiences and time spent with loved ones, yet many of us also anticipate what can feel like the inevitable enticement to all these good times... too much food, drinks, sweets, and the resulting unhealthy yo-yo weight cycling.

How can we set ourselves up for a healthier holiday season? One where we gain joy and memories, and not weight? Join this noon hour class to learn how to “maintain, not gain” during the 2018 holiday season.

You will learn:
- How to navigate holiday dinners and buffets
- How to apply the hunger/fullness scale to prevent overeating
- How to practice mindful eating to be intentional about food choices
- How to make healthier versions of your favorite holiday treats

Instructor: Christina Becker, MPH, RDN, NCD-HWC, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 13 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. She is a graduate of the Integrative Health & Lifestyle program (SHLUP) at the Arizona Center for Integrative Medicine, and is a certified Iyengar yoga instructor.

**KURBO – SIMPLE “TRAFFIC-LIGHT” WEIGHT LOSS PROGRAM**

Kurbo is a 12 week digital/mobile health coaching program based on 30 years of research to help you and your family eat healthier, exercise more, and manage weight. Rather than focus on calorie counting, Kurbo utilizes the proven Traffic Light food classification system to help you understand food choices, find healthy substitutions, and gradually decrease the number of red lights (unhealthy foods) over time. The Kurbo curriculum is based on proven behavior modification strategies for weight management and the research-based concept of Supportive Accountability, which is the belief that participants success and adherence is greatly improved through a support network of family and friends.

In this program, your personal behavior coach will keep you accountable and motivated with weekly check-ins over video chat and/or text. You will learn simple behavior modification strategies and tools such as goal setting to help you reach your health goals. Between coaching sessions, you will track your food and exercise behaviors in the app and have access to learning materials like videos, cookbooks, and shopping lists to keep you motivated and on track. Lessons cover topics such as reading a food label, understanding portion size, meal planning, exercise strategies, and tips for eating out.

**PLEASE NOTE:** This class qualifies for the 2018 BeWell Engagement incentive

Instructor: Linda Adler, MPH, MA, is the Founder and CEO of Pathfinders Medical, as well as the Principal at Linda Adler Consulting. A former Stanford student and health policy researcher, Linda found success with her own weight management issues through the KFP Weight Management program. She is a certified health coach and personal trainer who works with people to help others achieve their goals.

**PERSONALIZED MENTORING FOR WEIGHT LOSS BEHAVIORS**

You’ve successfully begun your healthy eating journey now you need to deepen your practice to maintain your success. With a mentor by your side, you can increase your skills, learn new ones, and enjoy the support of an advocate to turn to when you run into inevitable challenges. Practice new behaviors together, get introduced to new strategies, and experience the many benefits of a personal mentor cheering you on your way.

Please Note: The first session is 1 hour followed by two 45-minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

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**NUTRITION / WEIGHT MANAGEMENT**

**PERSONALIZED NUTRITION COACHING**

Here is an opportunity to sit down with an experienced nutrition coach in a comfortable, non-judgemental setting to explore your individual nutrition needs, challenges, and goals. In these 3 sessions, your coach will partner with you to develop and implement a realistic eating plan that will re-energize your pathway to well-being.

Our nutrition coaches are diversely qualified and have unique areas of specialization. Please read the instructor bias to select a coach that suits your personal interests and needs. Please note The first session is 1 hour, followed by two 45 minute sessions. You will be contacted within 5 business days of registration to schedule an appointment.

Coach: Christina Becker, MPH, RDN, BCHA, is a Registered Dietitian, public health nutritionist, and integrative wellness coach. Christina has over 13 years of experience working in the healthcare industry with a combination of disciplines including dietetics, non-profit, community health, and corporate wellness. She is a graduate of the Integrative Health & Lifestyle program (Dhsa) at the Arizona Center for Integrative Medicine, and is a certified Hatha yoga instructor.

Christina provides guidance on a variety of nutrition topics including healthy and mindful eating, weight management, heart disease, diabetes, GI conditions, and nutrition for athletic performance. She also enjoys helping healthy individuals boost energy levels and improve overall wellbeing. Christina will support you with a compassionate and caring approach, and get you from “I should” to “I want and will” and, ultimately “I do.”

Note: Christina’s sessions are conducted over the phone or via video chat. Special requests for in-person appointments will be considered.

**Appointments are scheduled on Wednesdays and Fridays.**

Coach: Joanne Ambros, MPH, NSCA-CPT, is a public health nutritionist and wellness coach. She has extensive experience helping people reach their goals as part of the wellfit team. Her own private nutrition practice, and at a Silicon Valley Fortune 50 company. Joanne’s areas of focus include: plant-based diets, healthy digestion, eating strategies to help lower cholesterol, glucose or blood pressure, and healthy eating for busy people. She is enthusiastic about working with clients to create a sustainable plan that suits each individual’s unique body, lifestyle, food preferences and health goals.

**Appointments**

- Location: Phone/video chat
- Fee: $275 (plus tax)
- Code: pnc-04a

**NUTRITION / WEIGHT MANAGEMENT**

**WEIGHT MANAGEMENT STARTING THE JOURNEY**

This 8-week program will help you take the first steps in the process of changing life-long habits related to nutrition, physical activity, weight management, and stress management. Through setting and implementing small goals around lifestyle practices you will begin to see sustainable improvements in your health, enjoy improved interpersonal relationships, and experience increased effectiveness at work.

Each class will consist of individual health behavior goal setting, group discussion and activities. All interested individuals are required to engage in a short phone call with the facilitator before registering to ensure that the class is the right fit for them.

**PLEASE NOTE:** This class qualifies for the 2018 Behiel Engagement incentive

Facilitator: Debbie Balzarini, PhD, coordinator of the Stanford Behavior Change/Weight Management Program. Please contact Debbie at 650-725-3185 before registering.

**PREVENTION & MEDICAL MANAGEMENT**

**NEW | CHECKUP & CHOICES**

Checkup & Choices (C&C) is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

The Checkup is a 45 minute brief intervention that gives you objective, non-judgmental feedback about your drinking. The Checkup can be used as a stand-alone intervention or as a jump start to the Choices modules. The Choices modules are based on cognitive behavioral therapy (CBT) techniques that help you achieve your goal of moderation or abstinence; tools such as drink trackers, urge trackers, guided emails, and test reminders keep you engaged and on track. You can access your online account from any smartphone, tablet or desktop, so support is always within reach while keeping your data 100% private.

C&C also offers abstinence programs for opioids, marijuana and stimulants.

**FIRST AID**

This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how to perform these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

**CPR & AED**

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

**Two dates to choose from**

- **MON 10/14**
- **MON 10/21**
- **MON 10/28**
- **MON 11/4**
- **MON 11/11**
- **MON 11/18**
- **MON 12/2**
- **MON 12/9**

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C&C also offers abstinence programs for opioids, marijuana and stimulants.

**FIRST AID**

This 4-hour workshop will provide a variety of first aid techniques to use when responding to victims of accidents. You will learn how to perform these medical techniques can be performed with minimal equipment. Certificate of completion cards will be sent out 3-4 weeks after the class.

**CPR & AED**

CPR is an emergency first aid procedure for victims of cardiac arrest. Participants will learn how to help victims of heart attacks and accidents, and also learn the Heimlich Maneuver to aid choking victims. Practice with mannequins and AED (Automated External Defibrillator) training included. Certificate of completion cards will be sent out 3-4 weeks after the class.

**Two dates to choose from**

- **MON 10/14**
- **MON 10/21**
- **MON 10/28**
- **MON 11/4**
- **MON 11/11**
- **MON 11/18**
- **MON 12/2**
- **MON 12/9**

**PREVENTION & MEDICAL MANAGEMENT**

**NEW | CHECKUP & CHOICES**

Checkup & Choices (C&C) is a confidential, online program for people concerned or wondering about their drinking and drug use. It is empirically supported randomized clinical trials have demonstrated significant and sustained reductions in drinking. You will learn scientifically proven skills that help you live a healthier life with fewer alcohol-related problems.

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- **MON 11/4**
- **MON 11/11**
- **MON 11/18**
- **MON 12/2**
- **MON 12/9**
OMADA – ONLINE WEIGHT-LOSS PROGRAM FOR PREVENTION OF DIABETES AND HEART DISEASE

Join this online health program to lose weight, develop healthy habits, and reduce your risk for chronic diseases like type 2 diabetes and heart disease. Omada is an innovative program that combines the support of a live health coach with a weekly online curriculum, helpful tools including a wireless scale and pedometer, and the accountability of a small group of peers. This program is all online, so you can participate via your computer, tablet, or smartphone, wherever it’s most convenient for you. Over 225 Stanford University employees have already enrolled!

You’ll learn new strategies related to nutrition and physical activity, and daily challenges that will help you create a sustainable healthy approach for the long term. Based on what you learn, you’ll set and meet personal and group health goals. The average participant loses 11 pounds in 16 weeks.

Register anytime and begin the program within 2 weeks of your registration date.

Please note: This class qualifies for a BeWell Engagement incentive.

Instructor: A professionally trained Omada health coach will facilitate your small online group and provide one-on-one guidance, encouragement, and accountability throughout the program.

Learn more and apply for the program at omadahealth.com/su.

Session Dates: Rolling start
Time: Self-paced 16 weeks, with maintenance up to a year
Cost: $550 (without HSA) or $430 (with HSA)

SMOKING CESATION, INTENTIONAL QUITTING

Learn how the brain impacts our ability to quit smoking and develop the skills you need to finally be free from tobacco. HIP has partnered with Stanford Benefits to offer this FREE tobacco cessation program for benefits-eligible University employees along with their families and dependents (14 years and older). Free over-the-counter aids for tobacco cessation are included.

This program begins with an initial 20 minute intake phone call followed by one 60-minute in-person consultation on the Stanford campus. Following the in-person consultation, the instructor and the participant move forward with sessions that support the process of letting go of tobacco. Participants typically find that 10 sessions over one year are helpful to support the quitting process.

Instructor: Jayna Rogers, MPH, KSP smoking cessation specialist. Jayna Rogers has facilitated smoking cessation programs and provided individual consultation for over 15 years.

Session Dates: Fall Quarter
Time: 12 Sessions, Stanford University & Families
Cost: $0
12 Sessions, Community
Cost: $275 (without HSA) or $214 (with HSA)

ENGAGEMENT CLASSES

NEW THIS YEAR: Completion of an approved Healthy Living Engagement Class earns the highest incentive offered in the BeWell Program – $260.

Take this opportunity to dive deeper into a wellness issue that is meaningful to you. Both in-person and online engagement courses are available. Some restrictions apply. For more information, go to BeWell.stanford.edu.

FALL QUARTER IN-PERSON COURSES

Climate Change: What You Can Do .......................................................... 9
Diet How To’s of Metabolic Homeostasis ...................................................... 16
Enhancing Resilience By Cultivating a Contemplative Lifestyle ...................... 6
Equine-imity: Stress Reduction in the Company of Horses ................................ 6
Life’s Purpose Workshop ........................................................................ 7
Living With Intention for A More Fulfilling Life ............................................. 10
Mindfulness-Based Stress Reduction (MBSRI) ............................................. 8
Traditional Oriental Medicine Self-Care Principles and Practice .................... 14
Weight Management: Starting the Journey .................................................. 19

FALL QUARTER ONLINE COURSES

Sleepio – Digital Sleep Improvement Program ............................................. 13
Kurbo – Simple “Traffic-light” Weight Loss Program ..................................... 17
OMADA – Online Weight-Loss Program for Prevention of Diabetes and Heart Disease ......................................................... 20

Become a Health Leader:

Health Improvement Program 650.723.9649
PLEASE JOIN US October 30 – November 8 for 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 the community are invited to REGISTER at contemplation.stanford.edu/summit.php

ABOUT THE PROGRAM

Contemplation By Design (CBD) is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause. Visit the CBD website: 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 lifestyle habits and values,
- 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.

PLEASE NOTE: A BeWell berry is awarded to faculty/staff for each Summit session for which you complete registered participation.

PROGRAM COMPONENTS

Contemplative Practices Cultivate Calm, Clarity, Kindness, Competence and Creativity

Quarterly Classes

contemplation.stanford.edu/classes.php

Online Learning

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

Annual Autumn Conemplation By Design Summit (CBDS)

Free events that further balance, tranquility and creative excellence are offered throughout the Stanford campuses during the annual, Autumn Conemplation By Design 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.php

PLEASE NOTE: Each session can be clicked on to link to the HIP registration page for that session. Links will be available starting September 17.

2018 CBD Collaborators include:


BeWell berry is awarded to faculty/staff for registered participation.

Guided Meditations during CBD Summit 2018

Guided Meditation sessions are offered in the mornings and evenings throughout the week-long 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 PEACE — Pause, Exhale, Attend mindfully, Connect with nature, yourself and others, and Express PEACE — Prosocality, 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 PEACE 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 at: contemplation.stanford.edu/assets/pdf/CBD-calendar_2018.pdf

Pause.
Unwind. Quiet the thinking 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.

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.

REGISTER ONLINE http://hip.stanford.edu

Health Improvement Program 650.723.9649
TUESDAY CBD EVENTS (OCT. 30TH)

Contemplative Skills for P.E.A.C.E. (CBD18T-1)
Sponsored by: Health Improvement Program (HIP), BeWell, HELP

Welcome to the 2018 Contemplation by Design Summit. In this session, we will begin to explore the power of mindfulness and the potential for the power of presence. 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 engaging the power of pause. Activities will cultivate the 5 states of P.E.A.C.E. — Pause, Exhale, Attend, Connect, and Express — that support P.E.A.C.E. traits — Prosociality, Equanimity, Altruism, Compassion and Ethics.

Instructor: Tia Rich, Ph.D., Director, Contemplation by Design (CBD), has been integrating contemplative practices into stress management and career training programs 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.

Date: Tuesday, 10/30  Time: 7:00-8:15pm
Location: TBD

Using Fiction and Poetry to Deepen Your Presence to Life (CBD18T-2)
Sponsored by: The Stanford Storytelling Project, HIP, HELP Center

Like meditation, fiction and poetry have long been a vehicle for creating greater presence to ourselves, others, and our world. In this workshop, you will explore how to turn your encounters with stories into contemplative practices, with many of the same benefits of mindfulness and compassion practices. Join us to experience how to use fiction and poetry to reflect deeply and create more intimacy in all of your relationships.

Instructor: Jonah Williamsanga, M.F.A., Ph.D., has taught literature and writing at Stanford since 2002 and is Director of the Stanford Storytelling Project, an arts program that sponsors courses, grants, and acclaimed event series, and the award-winning radio program State of the Human. He is also co-founder of LifeWorks, a new initiative at Stanford that helps students cultivate natural human capacities such as courage, resilience, compassion, and deep attention.

Date: Tuesday, 10/30  Time: 5:00-6:15pm
Location: Havana Room, Graduate Community Center

Cultural Mindfulness: Recognizing how culture shapes our patterns of thought (CBD18T-3)
Sponsored by: HIP, HELP Center

Our mainstream culture is built on unexamined structures of thought inherited from previous generations. In this talk, followed by interactive practice and discussion, Jeremy Lent will identify historical foundations of our modern worldview and show how, by becoming mindful of our patterns of thought, we have the potential to redirect them for more beneficial outcomes.

Instructor: Jeremy Lent is an author whose recently published book, The Patternning Instinct: A Cultural History of Humanity’s Search for Meaning, explores the way humans have made meaning from the cosmos from hunter-gatherer times to the present day. He is founder of the nonprofit Lioology Institute, dedicated to fostering an integrated worldview that could enable humanity to thrive sustainably on Earth.

Date: Tuesday, 10/30  Time: 7:00-8:15pm
Location: TBD

REGISTER ONLINE http://hip.stanford.edu

PEACE Guided Meditation (CBD18W-1)
Sponsored by: HIP, Stanford Health Care Spiritual Care Service

Taqwa will lead a guided meditation that will begin with mindfulness in breathing, follow with quiet contemplation of natural beauty and end with words of gratitude. She will chant Islamic prayers to start the workshop with hope, clarity and positivity. PLEASE NOTE: This session will occur every weekday morning until 11/8 at various locations. Please check the list of events each day to find the location of Taqwa’s session for that day.

Instructor: Taqwa Surapati, G.C.I.C., Cancer Care Chaplain, Spiritual Care Department at Stanford Health Care.

Date: Wednesday, 10/31  Time: 7:45-8:30am
Location: Stanford Hospital Chapel, next to entrance of patient unit D1 on the first floor of the hospital

Carillon Concert and Community-Wide Contemplative Pause (CBD18W-2)
Sponsored by: BeWell, HIP, WorkLife, Residential and Dining Enterprises, Haas Center for Public Service, iThrive, HELP Center

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 Dorhmann 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. Concert by Stanford’s carillonneur Timothy Zerlang.

Date: Wednesday, 10/31  Time: 12:00-1:00pm
Location: Hoover Lawn, Oval Ear, Dorhman Grove, and Meyer Green

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. PLEASE NOTE: The lot is being shared with Stanford construction workers and may be crowded. Please avoid parking in shuttle paths that are set up for the workers.

12:00-12:30pm
Meyer Green: Gather for a pre-carillon-concert show by the a cappella group Talisman. Bring a picnic if you wish. Given that it is Halloween, costumes are welcome, especially in themes of peace, justice, wisdom, compassion, and rainbows.

Dorhmann Grove, Hoover Lawn and the Oval Ear: Enjoy gentle stretching (led by Patricia Becker or guided tai chi (led by Tony Wong) and quiet space for simple relaxation or meditation. If you plan to join the gentle stretching, please bring your yoga mat.

Patricia Becker is a Hatha Alignment-Based Yoga Instructor and Nutritional Counselor with 25 years experience. Her TV show “Yoga for Health and Joy” broadcasts locally on Comcast Channel 28 and nationally on public access channels. She was named as one of “17 Trainers and Experts You Must Follow Online” at Peace Quarters Media. Patricia teaches quarterly for HIP.

Master Wong is a 20th generation, 1st Grade, Gold Medalist Tai Chi Master and teaches classes every quarter for HIP.

12:30pm
We invite you to sit back and enjoy the 20 minute Carillon Concert, which will be followed by a 10 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 ksufm.stanford.edu. Tune in from 12:15-1:00pm for the full program.

REGISTRATION IS APPRECIATED YET NOT REQUIRED FOR PARTICIPATION.

PLEASE NOTE: This is the only CBD Summit event for which a BeWell Berry is not awarded.

Talisman, Meyer Green
Quiet, Oval Ear
Tai Chi, Dorhman Grove
Yoga, Hoover Lawn

Health Improvement Program 650 723 9649
THURSDAY CBD EVENTS (NOV. 1ST)

P.E.A.C.E. Guided Meditations
Sponsored by: HIP, Psychiatry and Behavioral Sciences

Session 1: This mindfulness meditation will support present-moment awareness through a focus on the mind, body, and emotions. Participants also will learn skills in self-compassion and breathwork to promote relaxation.
Instructor: John Rettger, Ph.D., Director of Mindfulness, Early Life Stress and Pediatric Anxiety Program, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry, Lucile Packard Children's Hospital, Stanford School of Medicine.

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

Date: Thursday, 11/1 Time: 7:45-8:30am
Location: Three Options — Please register for ONE of the following.
1. TBD, John Rettger .................................................. [CBD18Th-1a]
2. Room 120, 4100 Bohannon Dr., Menlo Park, CA 94025, Christy Matta ............... [CBD18Th-1b]
3. Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page) ... [CBD18Th-1c]

Neuroscience of Contemplative Practices: Existing evidence and remaining questions
Sponsored by: HIP, Psychiatry and Behavioral Sciences

This talk will share some of the existing and new research from the emerging interdisciplinary field of contemplative neuroscience. The goal of this talk is to share our current understanding about how training of contemplative practices (e.g. meditation) affects the brain and behavior. Some of the remaining questions and new directions for research also will be listed.
Instructor: Manish Saggar, Ph.D., is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University. He is a computational neuroscientist and directs the Brain Dynamics Lab at Stanford. The overarching goal of his lab is to develop computational methods that would allow for extracting personalized insights about the brain's dynamical organization in healthy and patient populations. He received his Ph.D. from the University of Texas at Austin, where he worked on developing one of the first biophysical network models for understanding how intensive meditation training changes brain dynamics. He is a meditator for more than 20 years and loves to talk about meditation and the brain.

Date: Thursday, 11/1 Time: 12:00-1:15pm
Location: TBD

P.E.A.C.E. Guided Meditation and Quiet Reflection on Joan Halifax’s Keynote
Sponsored by: HIP, Health and Human Performance (HHP), iThrive, LifeWorks

After Roshi Joan Halifax’s 7:00pm keynote talk in Memorial Church (see details on the next page), join us for two simultaneous discussions, each one led by contemplative practice leaders at Stanford. One session is led by Carole Pertofsky and the other is led by Andrew Todhunter.

Instructors: Carole Pertofsky, M.Ed., is Director of Wellness and Health Promotion Services at Vaden Health Center, Stanford University, where she teaches positive psychology and wellness courses. Carole is a national speaker and consultant, seminar leader, and wellness and leadership coach.
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.

Date: Thursday, 11/1 Time: 9:15-10:15pm
Location: Two Options — Please register for ONE of the following.
1. 320-105, Carole Pertofsky ...................................... [CBD18Th-3a]
2. 300-300, Andrew Todhunter .................................. [CBD18Th-3b]
Roshi Joan Halifax
Standing at the Edge:
Finding freedom where fear and courage meet

We will explore five psychological territories called Edge States—altruism, empathy, integrity, respect, and engagement—that epitomize strength of character. Yet each of these states can also be the cause of personal and social suffering. In this way, these five psychological experiences form edges, and it is only when we stand at these edges that we become open to the full range of our human experience. Through the experiences of caregivers, activists, humanitarianists, politicians, parents, and teachers, incorporating the wisdom of Zen traditions and mindfulness practices, and research on compassion, we open up perspectives on how compassion is the pivot out of the shadow side of the Edge States.

Roshi Joan Halifax, Ph.D., is a Buddhist teacher, Zen priest, anthropologist, and pioneer in the field of end-of-life care. She is Founder, Abbot, and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico. She received her Ph.D. in medical anthropology in 1973 while teaching at the University of Miami Medical School. She has lectured on the subject of death and dying at many academic institutions, including Harvard Divinity School, Harvard Medical School, Georgetown Medical School, and University of Virginia Medical School, Duke University Medical School, University of Connecticut Medical School, among many others. She received a National Science Foundation Fellowship in Visual Anthropology, was an Honorary Research Fellow in Medical Ethnobotany at Harvard University, and is a Distinguished Visiting Scholar at the Library of Congress. A Founding Teacher of the Zen Peacemaker Order, her work and practice for more than four decades has focused on applied Buddhism. She has written several books, her latest being Compassion at the Edge: Finding Freedom Where Fear and Courage Meet.

SPECIAL REGISTRATION REQUIRED

Tickets for this free event will be available through the Stanford Ticketing Office starting Tuesday, September 11th at 9:00am at: sto.stanfordtickets.org/auxiliary/Reserve.aspx?p=8622#link

PLEASE NOTE: The Stanford Bookstore's Contemplation By Design display features books by Roshi Halifax.

Date: Thursday, 11/1  Time: 7:00-8:30pm
Location: Memorial Church

THURSDAY CBD EVENTS CONTINUED (NOV. 1ST)

FRIDAY CBD EVENTS (NOV. 2ND)

P.E.A.C.E. Guided Meditations
Sponsored by: HIP, Psychiatry and Behavioral Sciences

Session 1: This guided meditation takes one 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.
Instructor: Mark Abramson, D.D.S., D.A.B.O.P., D.A.B.D.S.M., D.A.B.O.M., F.A.A.C.P., T.M.J. 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: 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.
Instructor: Patty McLucas, Wellness Consultant, Founder and Instructor at Mindful Wellness.

Session 3: 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.
Instructor: Dominique Del Chiara, M.Ed., Healthy Living Program Manager at Health Improvement Program, Transpersonal Life Coach, Hula Instructor.

Date: Friday, 11/2  Time: 7:45-8:30am
Location: Four Options — Please register for ONE of the following.

1. Always M112, Mark Abramson ................................................. (CBD18F-1a)
2. SLAC Sonoma Room, Patty McLucas ....................................... (CBD18F-1b)
3. TBD, Dominique Del Chiara ................................................... (CBD18F-1c)
4. Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page) ........................................ (CBD18F-1d)

Ceremonial Healing (CBD18F-2)
Sponsored by: HIP, Psychiatry and Behavioral Sciences, HELP Center

We will consider several forms of ceremontal practice that serve healing. By healing we mean a traditional, ritualized effort that is both guided and spontaneous. It serves a purpose: sometimes to promote recovery from illness, or to promote health in its totality of physical, mental, social and spiritual integrity. A third purpose of ceremontal healing is to serve wholeness, fulfillment and awakening.

The Ceremonial Healing we plan to share and practice today is more akin to prayer and meditation on one axis, and to creating music, dance, symbolic forms and sheer delight on another. These specific forms will be included: 1) How to hold a Tea Bowl; The Japanese form for offering and receiving a bowl of Tea; 2) The Navajo story of “When the two came to their Father”; and 3) The Tibetan practice of creating a sand mandala. Through these three forms, we will create simple and direct Ceremonial Healing.

Instructor: Randall Weingarten, M.D., is a psychiatry specialist in Palo Alto, CA and has been practicing for 46 years. He graduated from Tufts University School of Medicine in 1968.

Date: Friday, 11/2  Time: 12:30-1:45pm
Location: TBD

Presence Under Pressure: The playful gift of the improviser's mindset (CBD18F-3)
Sponsored by: HIP, Theater and Performance Studies

Improvisers have the reputation of being fast and funny. But the true value of practicing collaborative creativity is the opportunity to develop your powers of listening, suspending judgment, and paying attention to the moment. There is a quality of human play, often suppressed after childhood, that is essential for creativity, connection and joy.

Instructor: Dan Klein is a lecturer in the Department of Theater and Performance Studies, as well as the Graduate School of Business. He teaches workshops on creativity, teamwork, status, Design Thinking and storytelling on campus and around the world. Dan was also a professional improviser, and the Dean of the BATS School of Improv in San Francisco.

Date: Friday, 11/2  Time: 5:30-7:00pm
Location: Lathrop 282

REGISTER ONLINE  http://hip.stanford.edu
Health Improvement Program  650.723.9649
Compassion Buddha Sand Mandala, Saturday, 11/3 through Thursday, 11/8

Sponsored by: HIP, Stanford Alumni Association

A mandala is a symbol that translates literally to “center and its surroundings.” It is a physical representation of interdependence and interconnectedness in all of life. Created as a tool for visualization and meditation, every detail of a mandala—the design, the colors, and placement of symbols—is deliberate and holds layers of meaning. After creating the mandala with intense concentration, the final grains of sand are placed and then the entire sand painting is swept up in a final display of impermanence.

Highly respected Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Choephel from the Sera Jey Foundation will create the sand mandala of the Compassion Buddha in the gracious lobby of Stanford’s Arrillaga Alumni Center. The venerable monks will carefully place millions of grains of colored sand on a flat surface, following precise and ancient instructions passed down over thousands of years. The creation of this mandala is intended to help the viewer generate compassion for all beings.

The mandala will be created from 11/3 through 11/8 beginning with an opening ceremony on Saturday, 11/3 from 10:00-10:30am and ending with a closing ceremony on Thursday, 11/8 from 4:00-4:30pm.

On Sunday, 11/4 from 3:00-4:00pm Geshe Lobsang Dorji will give a talk on the tradition of the sand mandala with a focus on the mandala for the Compassion Buddha.

On Thursday, 11/8, as the final part of the closing ceremony, the monks will provide small bags of the mandala sand to give away to those in attendance. The sand is considered blessed. If any sand is left, it will be placed in a small urn and then taken to the ocean and spread in the water to bless the oceans and their creatures.

This Contemplation By Design Summit session is presented in partnership with the Sera Jey Foundation and hosted by the Stanford Alumni Association.

The public is invited to watch the monks create the mandala in the Stanford Alumni Center Lobby from Saturday, 11/3 through Thursday, 11/8. The schedule is:

- Viewings:
  - Saturday, 11/3: 9:30am-12:30pm
  - Sunday, 11/4: 11:00am-4:00pm
  - Monday, 11/5- Thursday, 11/8: 10:00am-5:00pm

- Closing Ceremonies:
  - Saturday, 11/3: 10:00-10:30am
  - Sunday, 11/4: 3:00-4:00pm

Location: Frances C. Arrillaga Alumni Center, 326 Galvez Street

PLEASE NOTE: While the mandala will be on view during the above hours, the monks take occasional breaks during the day including an extended lunch break from approximately 1:00-2:00pm. In addition, every day will begin and end with a puja (blessing) which will last approximately 10 minutes. The public is welcome to participate in the puja. A puja includes prayer and meditation intended to help bring to mind the qualities of the Buddha of Compassion. During the puja practice the mandala artists generate compassion and the intention to benefit others.

***Registration is required for the free talk on Sunday, 11/4 and the opening and closing ceremonies on Saturday, 11/3 and Thursday, 11/8 due to space limitations.

TO REGISTER: Please search using the words “Compassion Buddha Sand Mandala” on the Health Improvement Program registration page. All other viewing times do not require registration.

Tu Gu Na Xin: Daoist Breathwork

Sponsored by: HIP

Guests 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 both can “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 center. Please bring a yoga mat/blanket/pillow for your comfort.

Instructor: Danny Goldberg, B.F.A., 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.

Date: Saturday, 11/3

Time: Two Options — Please register for ONE of the following.
1. 8:00-9:00am........(CBD18Sat-2a)
2. 9:15-10:15am........(CBD18Sat-2b)

Location: TBD

Sound Bath for Pausing the Mind and Refreshing the Body

Sponsored by: HIP

This Sound Bath for Pausing the Mind and Refreshing the Body will include Chakra Sound Bath, a full body sound therapy which utilizes an ancient world tradition of sound healing through the use of Tibetan bowls. The vibrations pass through our bodies, opening blockages and allowing our minds to quiet. In this practice we will lie down, relax, and experience a sealed environment with notes played in sequence from the 7 major chakra points in the body. Our mind and body will travel through these sounds to 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 both can “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 center. Please bring a yoga mat/blanket/pillow for your comfort.

Instructor: Danny Goldberg, B.F.A., 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.

Date: Saturday, 11/3

Time: Two Options — Please register for ONE of the following.
1. 8:00-9:00am........(CBD18Sat-1a)
2. 9:15-10:15am........(CBD18Sat-1b)

Location: TBD

Compassion Buddha Sand Mandala Opening Ceremony (CBD18Sat-3)

Sponsored by: Stanford Alumni Association, HIP

As part of the creation of the Compassion Buddha Sand Mandala, Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Choephel from the Sera Jey Foundation will lead an opening ceremony for the mandala.

Instructor: Geshe Lobsang Dorji joined the Sera Jey Monastery in India at the age of 10 in 1986, received his Geshe degree in 2009 and is currently a resident teacher at Sera Jey Foundation in California.

Date: Saturday, 11/3

Time: 10:00-10:30am

Location: Arrillaga Alumni Center Lobby

ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

Date: Saturday, 11/3

Time: 9:30am-12:30pm

Location: Arrillaga Alumni Center Lobby
SATURDAY CBD EVENTS CONTINUED (Nov. 3rd)

Ethnographic Body Map Workshop
Sponsored by: HIP, Anthropology
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 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.

Instructor: Carl Costanzo is an anthropologist (Stanford Ph.D. 2005) and an Academic Advisor who co-teaches Reading the Body in Stanford's Thinking Matters program. Carl'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. He 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.

Date: Saturday, 11/3
Time: Two Options — Please register for ONE of the following.
1. 10:30am-12:00pm.....(CBD18Sat-4a)
2. 12:15-1:45pm...........(CBD18Sat-4b)
Location: TBD

Herbal and Nutritional Self-Care Skills as Contemplation
Sponsored by: HIP
Vitality and calm in the physical body provide a valuable foundation for meditative states. The normal fluctuations in the physical body also offer opportunities for learning mindfulness around lifestyle choices that contribute to or detract from physical vitality and calm. The Tibetan contemplative tradition for over 5000 years has respected the essential role of precise personalized nutritional and herbal practices as a core component of contemplative practice. This workshop provides the opportunity to discover practices for nutrition and herbs that match your unique bodily constitution through lecture and demonstration. You’ll receive fundamental tools for making foods and teas that will support your physical well being, and in turn, your contemplative life.

Instructor: Yangdron Kalsang, M.D., is a licensed acupuncturist and herbalist, as well as a Doctor of Tibetan Medicine (in Tibetan: Menpa). Menpa Yangdron has been practicing Tibetan Medicine for over 20 years and founded Kunde Institute in Daly City, Oakland-based Heritage Center aimed to practice and preserve the cultural wellness arts of Wudang, China. She was born in Lhasa, Tibet and earned her Tibetan Medicine Doctor degree from the Tibetan Medical University. She has been teaching medical students from Stanford University School of Medicine for clerkships since 2008.

Date: Saturday, 11/3
Time: Two Options — Please register for ONE of the following.
1. 10:30am-12:00pm.....(CBD18Sat-5a)
2. 12:15-1:45pm...........(CBD18Sat-5b)
Location: TBD

More Mindful, Less Muddle: A five step approach to declutter your internal and external life
Sponsored by: HIP
It’s true that outer order supports inner calm, and equally, a mindful approach can help you declutter your home or office. In this workshop, you’ll learn practical steps to follow when embarking on an organizing project, common mistakes to avoid, and strategies to call upon when letting go of possessions is challenging. You’ll leave with your own plan to declutter a space which is important to you.

Instructor: Pauline Wiles is an author, speaker and creator of the Serenity Project, a year-long personal experiment in techniques to quiet the mind and make time for smelling the roses. A former professional organizer, she mentors others in the benefits of soothing surroundings to promote both well-being and productivity.

Date: Saturday, 11/3
Time: Two Options — Please register for ONE of the following.
1. 2:00-3:15pm.....(CBD18Sat-6a)
2. 3:30-4:45pm.....(CBD18Sat-6b)
Location: TBD

Foundations of Healing Qigong: Circulation
Sponsored by: HIP
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. No prior experience is necessary.

Instructor: David Wei is a 16th generation lineage holder for the Wudang San Feng LifeNourishment Sect. He has over 20 years of experience in Daoist arts and culture, with a specialization in Tai Hua acupuncture. 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.

Date: Saturday, 11/3
Time: Two Options — Please register for ONE of the following.
1. 2:00-3:15pm.....(CBD18Sat-7a)
2. 3:30-4:45pm.....(CBD18Sat-7b)
Location: TBD

The Power of Rest (Book discussion)
Sponsored by: HIP, HELP Center
In today’s 24/7 always on world, overwork has become the default, and rest is an afterthought. But we never regret at our peril, and as argued in the book Rest: Why You Get More Done When You Work Less, some of history’s most famous thinkers learned to use rest to be more creative and productive. This workshop builds on the lessons of the book to examine what kinds of rest are most mentally and physically restorative, and the structural and cultural forces that prevent us from resting well, and how we can find more rest in our lives. PLEASE NOTE: Feel free to join us even if you have not finished reading the book.

Facilitator: Alex Soojung-Kim Pang, Ph.D., is a futurist and author whose work focuses on people, technology, and the worlds they create. His most recent books include The Distraction Addiction and Rest: Why You Get More Done When You Work Less. His books have been translated into a dozen languages, and the latest edition of R!st features a foreword by Arianna Huffington. Alex has a Ph.D. in history of science, and has held fellowships at Stanford University, UC Berkeley, Oxford University, and Microsoft Research Cambridge.

Date: Saturday, 11/3
Time: 5:00-6:00pm
Location: Lathrop 282

Jazz Interactive Concert: On self-care (CBD18Sat-9)
Sponsored by: HIP, Student Affairs
“Mr. Duffy lived a short distance from his body.” ~ James Joyce
Too often this is our reality as well. Moving mechanically from “A” to “B”, while we process how we’ll get to “C”. Over-stimulated and overwhelmed as we endlessly search for a time to be at peace. A place to lay down and rest. Let’s make that place together. Join us for a night of embodiment through music, dance, and stillness. Together we will begin to slow down and ground in the sensations of our bodies, allowing for the capacity of our individual and collective care to naturally rise to the surface. Let us ask ourselves, “Did I remember to live today?” Please bring a yoga mat or camping pad to use in the portion of the concert that invites you to lay down and rest.

Jazz Band Members: Sam Priven – Saxophonist. Having performed, studied, and recorded in nearly a dozen countries, he returns home to the SF Bay Area to make music of community and embodiment. Artist Website: www.sampriven.com
Javier Santiago – Pianist. An accomplished educator, arranger and producer, with a diverse set of influences ranging from classical and jazz to hip-hop and world music, he was a finalist in the 2016 American Jazz Pianist Competition. He attended the Brubeck Institute and the New School For Jazz and Contemporary Music. His debut LP of all original compositions, Phoenix, features Nicholas Payton, John Raymond, J. Hoard and Corey Fonville. Santiago performs and composes regularly locally and nationally.

Danielle Wertz – Jazz Vocalist. An internationally recognized jazz vocalist, educator, composer and arranger in the SF Bay Area. After being named a semi-finalist in the Thelonious Monk International Jazz Vocal Competition in 2017, she self-released a duo project with Israeli pianist, Tal Cohen. The album was recorded at ABC Studios in Sydney, Australia and has been receiving high praise since its release in April 2017.


Date: Saturday, 11/3
Time: 7:30-9:00pm
Location: Toyon Hall Lounge, 455 Arguello Way, Stanford, CA 94305

REGISTER ONLINE   http://hip.stanford.edu
Health Improvement Program   650.723.9649
University Public Worship (UPW), Donal Godfrey sermon on “Living the Loaves and the Fishes”, Memorial Church (CBD18Sun-1)
Sponsored by: HIP, Office for Religious Life (ORL)
Memorial Church has historically been an important center of spiritual and ceremonial life at Stanford University since the church was dedicated in 1903. It is open to anyone, wherever you may be on your spiritual journey. Please join us in this spectacular and sacred venue.

Fr. Donal Godfrey, S.J., is an Irish Jesuit priest of the Society of Jesus. In addition to teaching Apuline Justice Immersion and interdisciplinary courses, Fr. Godfrey runs Ignatian spirituality programs for USF’s faculty and staff, including book clubs, the Spiritual Exercises, retreats, and a lecture series. He was born Liverpool, England and is also a member of the Irish Bar.

Date: Sunday, 11/4  Time: 10:00 - 10:30am
Location: Memorial Church

Contemplative Computing: Being more mindful in a world of distracting technologies (CBD18Sun-6)
Sponsored by: HIP, HELP Center
We often think of technologies as dehumanizing: smartphones, social media, and mobile devices create a high-tech barrier between us and the world, or between us and our better selves. In this workshop, Alex argues that our relationships with technologies are actually quite profound, and that we have a great capacity to use them to extend our physical and cognitive abilities. Our dissatisfaction with today’s technologies is the result of mindless use and bad design by companies that seek to capture and commoditize our attention. However, we can learn to regain control over our digital lives and extended selves by practicing what Alex calls contemplative computing.

Facilitator: Alex Soojung-Kim Pang, Ph.D., is a futurist and author who works focuses on people, technology, and the worlds they create. His most recent books include The Distraction Addiction and Rest: Why You Get More Done When You Work Less. His books have been translated into a dozen languages, and the latest edition of Rest features a foreword by Arianna Huffington. Alex has a Ph.D. in history of science, and has held fellowships at Stanford University, UC Berkeley, Oxford University, and Microsoft Research Cambridge.

Date: Sunday, 11/4  Time: 5:15 – 6:15pm
Location: TBD

Savoring Stanford’s Natural Beauty: A campus contemplative walk (CBD18Sun-5)
Sponsored by: HIP, Trees of Stanford
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.

Instructors: Sairus Patel ’91 is editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of Pacific Horticulture magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

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.

Date: Sunday, 11/4  Time: Two Options —
Please register for ONE of the following.
1. 3:00 – 4:00pm (CBD18Sun-5a)
2. 4:15 – 5:15pm (CBD18Sun-5b)
Location: Galvez parking lot at corner of Lasuen and Campus

CONVERSATION WITH DONAL GODFREY IN THE ROUND ROOM, MEMORIAL CHURCH (CBD18Sun-2)
Sponsored by: HIP, ORL
Join us in the Round Room of Memorial Church for a conversation centered in the themes shared by Fr. Donal Godfrey during his talk in the University Public Worship service. This is a wonderful opportunity to explore and deepen your insights and understanding of contemplative practice.

Date: Sunday, 11/4  Time: 11:15am – 12:15pm
Location: Round Room, Memorial Church

P.E.A.C.E. Guided Ignatian Meditation with Donal Godfrey in Windhover (CBD18Sun-3)
Sponsored by: HIP, ORL
Fr. Godfrey will lead an Ignatian meditation on the story of the loaves and fish as told by Mark. This meditation involves guided visualization where one is invited to use all the senses in entering into the story. While this comes from within the Jesuit tradition, it will be presented in a way that is accessible to those who do not identify as Christian.

Date: Sunday, 11/4  Time: 1:00 – 2:00pm
Location: Windhover Contemplative Center

ON-GOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center (CBD18Sun-4)
Sponsored by: Stanford Alumni Association, HIP
As part of the creation of the Compassion Buddha Sand Mandala, Tibetan Buddhist monk Geshe Lobzang Dorji from the Sera Jay Foundation will give a talk on the tradition of the sand mandala with a focus on the mandala for the Compassion Buddha.

Facilitator: Geshe Lobzang Dorji joined the Sera Jay Monastery in India at the age of 10 in 1986, received his Geshe degree in 2009 and is currently a resident teacher at Sera Jay Foundation in California.

Date: Sunday, 11/4  Time: 3:00 – 4:00pm
Location: Arrillaga Alumni Center Lobby
P.E.A.C.E. Guided Meditations
Sponsored by: HIP, Lucile Packard Children’s Hospital

Session 1: You are invited to enjoy this peaceful morning meditation. This guided meditation will give you the experience of the five states of P.E.A.C.E. — Pause (unwind), Exhale (breathe), Attend (awaken to your senses), Connect (to the present moment) and Express—to support cultivation of the five traits of P.E.A.C.E. — Proactivity, Equanimity, Altruism, Compassion, and Ethics. Which are introduced in the Summit’s first session (see Contemplative Skills for P.E.A.C.E. on 10/30 at noon.)
Instructor: Tia Rich, Ph.D., Director of Contemplation by Design.

Session 2: 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 labyrinth for your personal use.
Instructor: Lani Krantz, IT Systems Analyst at Lucile Packard Children’s Hospital (LPCH), Certified Verdities Labyrinth facilitator.

Date: Monday, 11/5  Time: 7:45-8:30am
Location: Three Options — Please register for ONE of the following.
1. 3172 Porter Drive, Room 1512, Tia Rich, ..............................................................................(CBD18M-1a)
2. Labyrinth in LPCH Sanctuary Healing Garden, Lani Krantz ......................................................(CBD18M-1b)
3. Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page)...........(CBD18M-1c)

Ongoing: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center
Sponsored by: Stanford Alumni Association, HIP

Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

Date: Monday, 11/5  Time: 10:00am-5:00pm
Location: Arrillaga Alumni Center Lobby

WorkLife Integration: Creating your personal success plan (CBD18M-2)
Sponsored by: HIP, WorkLife

This interactive workshop will explore the challenges of integrating our 24/7 work demands with the rest of our lives. This session will include insights from the WorkLife Office’s coaching of hundreds of Stanford community members, strategies for managing the multiple demands on our time and energy, and how to start on a personalized plan for action. This informative session will also address intentional choices, purposeful decision making, and accepting what life is in the current moment.
Instructor: Phyllis Stewart-Fires, 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 work-life integration content. She has worked with the Clayton 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 for SAP.

Date: Monday, 11/5  Time: 12:30-1:45pm
Location: TBD

Savoring Stanford’s Natural Beauty: A campus contemplative walk (CBD18M-3)
Sponsored by: HIP, Trees of Stanford

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.
Instructor: Sairus Patel 91 is an editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of Pacific Horticulture magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

Date: Monday, 11/5  Time: 4:15-5:15pm
Location: Galvez parking lot at corner of Lasuen and Campus Drive.

Justice, Compassion, and Self-Care (CBD18M-4)
Sponsored by: HIP, Stanford Law School

This one-hour session explores the pathway to justice through compassion and self-care. Prof. Tyler will deeply explore CBD’s 5 states of P.E.A.C.E — Pause, Exhale, Attend, Connect, and Express — that support 5 P.E.A.C.E traits — Proactivity, Equanimity, Altruism, Compassion, and Ethics, which are introduced in the Summit’s first session (see Contemplative Skills for P.E.A.C.E. on 10/30 at noon.)
He will share the challenges and triumphs in cultivating P.E.A.C.E., during a 20-year career as a public defender and, since 2012, as a clinical law professor. Questions he will address are:
- How has he integrated contemplative practices and self care into his life to support the capacity for a long career of service?
- How has he taught and mentored students and lawyers in the conscious cultivation of the 5 P.E.A.C.E. traits to support, deepen and sustain the 5 P.E.A.C.E. traits?

The session will include substantial opportunities for engagement among attendees.
- Attendees will be invited to ponder and discuss a series of scenarios that implicate fundamental values of justice in conflict with other values.
- Attendees will be asked to consider how they might respond to the scenarios in the context of the P.E.A.C.E. states and P.E.A.C.E. traits at the center of the Contemplation by Design program.

Instructor: Ron Tyler, J.D., is an Associate Professor of Law and Director of the Criminal Defense Clinic at Stanford Law School. The Clinic represents clients in the superior courts of California. Professor Tyler’s scholarly agenda focuses on self care skills for lawyers and criminal practice and procedure, and in 2016 he published an article in the Berkeley Journal of Criminal Law titled The First Thing We Do, Let’s Heal All the Law Students: Incorporating Self-Care Into A Criminal Defense Clinic: Before joining the Stanford Law School faculty, Professor Tyler was an Assistant Federal Public Defender for 22 years in the Northern District of California. A dedicated defense attorney and nationally recognized expert, he has litigated at trial and appellate courts covering the full gamut of federal criminal cases. He teaches regularly at seminars for criminal defense attorneys, investigators and paralegals. He is also active in several nonprofits, serving on the Executive Committee of the American Civil Liberties Union, the Board of Regents of the National Criminal Defense College and the William A. Ingram Inn of the American Inn’s of Court.

Date: Monday, 11/5  Time: 6:00-7:00pm
Location: F. I. R. Hall Room 290, Stanford Law School

P.E.A.C.E. Guided Meditations
Sponsored by: HIP, HELP Center, Health and Human Performance

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”.
Instructor: Robert Cusick, Stanford Lecturer, Certified Sr. Stanford CFT™ (Compassion Cultivation Training) Instructor, Grief Counselor at Kara

Session 2: Annel 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.
Instructor: Annel Chima, Ph.D., Associate Director of Health and Human Performance.

Session 3: We will do a loving kindness meditation to cultivate compassion for self and other creatures.
Instructor: Stephen Murphy-Shigematsu, Ph.D., Psychologist in the Program for Health and Human Performance at the Stanford School of Medicine and Lecturer in Comparative Studies in Race and Ethnicity at Stanford.

Date: Monday, 11/5  Time: 7:45-8:30pm
Location: Three Options — Please register for ONE of the following.
1. TBD, Robert Cusick ........................................................................................................(CBD18M-5a)
2. Havana Room, Graduate Community Center, Annel Chima……………………………..(CBD18M-5b)
3. Harmony House, Stephen Murphy-Shigematsu.............................................................(CBD18M-5c)
TUESDAY CBD EVENTS (NOV. 6TH)

TUESDAY CBD EVENTS CONTINUED (NOV. 6TH)

P.E.A.C.E. Guided Meditations
Sponsored by: HIP, LifeWorks, Lucile Packard Children's Hospital Chaplaincy Services

Session 1: 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.
Instructor: Sarah Meyer Tapia, M.A., Associate Director of Health and Human Performance, LifeWorks.
Session 2: Practices will focus on enhancing the positive qualities of awe, gratitude, and compassion.
Instructor: Fred Luskin, Ph.D., 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: Join Diana Brady and Sarah Johnson in a Guided Meditating of Centering Prayer: Centering Prayer is a simple method of meditation emphasizing interior silence, preparing us to receive the gift of contemplative prayer.

Date: Tuesday, 11/6  Time: 7:45-8:45am
Location: Galvez parking lot at corner of Lasuen and Campus

Date: Tuesday, 11/6 Time: 7:00-8:15pm
Location: Memorial Church

Date: Tuesday, 11/6 Time: 7:00-8:15pm
Location: Memorial Church

Date: Tuesday, 11/6 Time: 12:00-1:15pm
Location: Memorial Church

Date: Tuesday, 11/6 Time: 5:15-6:30pm
Location: TBD

Date: Tuesday, 11/6 Time: 5:30-6:45pm
Location: Memorial Church

Date: Tuesday, 11/6 Time: 7:00-8:15pm
Location: TBD

Ongoing: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

Sponsored by: Stanford Alumni Association, HIP
Tibetan Buddhist monks Geshe Lobzang Dorji and Geshe Lobzang Cholphai from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

Date: Tuesday, 11/6 Time: 10:00am-5:00pm
Location: Arrillaga Alumni Center Lobby

Savoring Stanford’s Natural Beauty: A campus contemplative walk (CBD18T2-2)
Sponsored by: HIP, Trees of Stanford
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.
Instructors: Sairus Patel ’91 is editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of Pacific Horticulture magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.
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.

Date: Tuesday, 11/6 Time: 7:45-8:45am
Location: Galvez parking lot at corner of Lasuen and Campus

Walking Meditation and Contemplation of Memorial Church Inscriptions (CBD18T2-3)
Sponsored by: HIP, ORL
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.
Facilitators: The Rev. Joanne Sanders, D.Min., 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 candelit service of chanted song and the Labyrinth, to the Stanford and local community.
Tia Rich, Ph.D., Director, Contemplation by Design (CBD), has been integrating mindfulness, compassion and meditation into stress management and career training programs at the University and Medical Center since 1984.

Date: Tuesday, 11/6 Time: 12:00-1:15pm
Location: Memorial Church

The Action Bias and The Human Condition: The role of contemplation (CBD18T2-6)
Sponsored by: HIP, English Department
Professor Vermeule will discuss the benefits of both action and contemplation which is the topic of her recent book, Action versus Contemplation. Why an Ancient Debate Still Matters. The publisher, University of Chicago Books, states that the book “reminds us of the richness of a life that embraces action and contemplation, company and solitude, living in the moment and planning for the future. The active and the contemplative can—and should—be vibrantly alive in each of us, fused rather than sundered. … we can discover how the two can nourish, invigorate, and give meaning to each other, as they have for the many writers, artists, and thinkers, past and present, whose examples give the book its rich, lively texture of interplay and reference.”
Instructor: Blakey Vermeule, Ph.D., is the Chair of the Department of English at Stanford. She has written three books in literature and philosophy, which is her intellectual passion. A New Englander, she moved to California for graduate school.

Date: Tuesday, 11/6 Time: 5:15-6:30pm
Location: TBD

Om Under the Dome (yoga) in Memorial Church (CBD18T2-4)
Sponsored by: HIP, ORL
Rejuvenate the body, mind and spirit as we perform sacred gestures in the special place of Memorial Church. The space and light this architecture offers to visitors is awe-inspiring and memorable.
PLEASE NOTE: Please bring your yoga mat.
This event will be led by yoga instructor Rebecca Snowball.

Date: Tuesday, 11/6 Time: 5:30-6:45pm
Location: Memorial Church

Dream Yoga: Lucid dreaming from the Bön Buddhist tradition of Tibet (CBD18T2-5)
Sponsored by: HIP
It is said that the practice of dream yoga deepens our awareness during all our experience: the dreams of the night, the dream-like experience of the day, and the baro experiences after death. Indeed, the practice of dream yoga is a powerful tool of awakening, used for hundreds of years by the great masters of the Tibetan traditions. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself.
Instructor: Geshe Tenzin Wangyal Rinpoche is an acclaimed author as well as a highly respected and beloved teacher in the Bön Buddhist tradition to students throughout the United States, Mexico and Europe. Fluent in English, Tenzin Rinpoche is renowned for his depth of wisdom, his clear, engaging teaching style, and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners.

Date: Tuesday, 11/6 Time: 7:00-8:15pm
Location: TBD

REGISTER ONLINE http://hip.stanford.edu
Health Improvement Program 650.723.9649
**P.E.A.C.E. Guided Meditations**

Sponsored by: ORL, HIP

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. PLEASE NOTE: Please bring your yoga mat.

**Instructor:** Tia Rich, Ph.D., Stanford Senior Specialist in Health Promotion, has been teaching yoga and integrating mindfulness, compassion and meditation into stress management and resilience programs at the university and medical center since 1984.

**Date:** Wednesday, 11/7  
**Time:** 8:00-9:00am  
**Location:** Windhover Contemplative Center

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**ON-GOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center**

Sponsored by: Stanford Alumni Association, HIP

Tibetan Buddhist monks Geche Lobzang Dorji and Geche Lobzang Cholphal from the Sera Jey Foundation will be working on the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

**Date:** Wednesday, 11/7  
**Time:** 10:00am-5:00pm  
**Location:** Arrillaga Alumni Center Lobby

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**Awakening to Space and Place: Conversation with the Stanford Architect Dave Lenox and Architectural Program Director John Barton**

**Sponsored by:** HIP, HELP Center, Architectural Design Program

Space, place and architecture make a difference. Working from general principles, and using Stanford's campus as a model, we will explore how spaces make us feel good or uncomfortable. We will also explore how to read the cues in architecture and landscape to enhance personal well being. PLEASE NOTE: Architectural features of the Bender Room are highlighted in the themes of this talk, and thus it is being held there.

**Panelists:**  
John Barton, M.Arch., is Director of Stanford's Architectural Design Program and an architect in private practice. He is a former member of the Palo Alto City Council and also served two terms on the Palo Alto Unified School District Board of Education. He has taught at Stanford, UC Berkeley, and San Jose State Universities. His practice has spanned over thirty years and has received numerous design awards including a recent AIAAC Honor Award in Urban Design for collaborative work on high-speed rail options in Palo Alto. He was elevated to the College of Fellows of the American Institute of Architects in 2013.

David Lenox, M.Arch., is the Stanford University Architect and Executive Director of Campus Planning and Design. Since 2005 he has focused on establishing a framework for continued physical growth of the campus to support the mission and vision of the University. He has led the development of a campus master plan that outlines strategies to restore the original Olmsted campus plan, and has provided direction for design on all new campus buildings including milestone projects such as the Bing Concert Hall, Windhover, School of Medicine LKSC, SEG, Knight Management Center, and The Neukom Building. He is currently the Vice President on the Board of the Association of University Architects and has served on design juries for AIA San Francisco, California Preservation Foundation, AIA National Interior Design Awards, and The Society for College and University Planning.

**Date:** Wednesday, 11/7  
**Time:** 12:30-1:30pm  
**Location:** Bender Room, Green Library

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**Recording and Listening: Focusing attention to live authentically**

**Sponsored by:** HIP, HELP Center

Have you ever started a meditation practice, or anything else that takes care of you, only to be besieged by messages of it’s not working you’re not doing it right? Do you find yourself knowing what you need to do to take care of yourself, but not doing it? Do you long for someone in your life who can support and encourage you and see you for who you truly are? Then Recording and Listening is the practice you’ve been looking for. Bring your smartphone and earbuds and join Cheri for an interactive exploration of a simple yet powerful tool for focusing the attention, clarifying the life we want, and taking steps to realize that life.

**Instructor:** Cheri Huber, author of 24 books, has been a student and teacher of Zen for over 35 years. In 1983, Cheri founded the Mountain View Zen Center, and in 1987 she founded the Zen Monastery Peace Center near Murphys, California. She and the monks at the Monastery conduct workshops and retreats at these centers, other places around the U.S., and internationally.

**Date:** Wednesday, 11/7  
**Time:** 5:45-7:15pm  
**Location:** TBD

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**Labyrinth Walk at Windhover**

**Sponsored by:** ORL, HIP

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 the Windhover contemplative center to walk the labyrinth based on the one at the Cathedral of Notre Dame in Chartres, France.

**Facilitators:** The Rev. Joanne Sanders, D.Min., 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.

**Instructor:** Tia Rich, Ph.D., Stanford Senior Specialist in Health Promotion, and Director of Contemplative By Design, has been integrating mindfulness, compassion and meditation into stress management and resilience programs at the University and Medical Center since 1984.

**Date:** Wednesday, 11/7  
**Time:** Three Options — Please register for ONE of the following.  
1. 8:00-8:20pm... (CBD18W2-5a)  
2. 8:20-8:40pm... (CBD18W2-5b)  
3. 8:40-9:00pm... (CBD18W2-5c)

**Location:** Windhover Contemplative Center

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**REGISTER ONLINE**  
http://hip.stanford.edu

Health Improvement Program  
650 723 9649
PE.A.C.E. Guided Meditations
Sponsored by: HIP
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.
Instructor: Sanne Lim, Certified Life and Mindfulness Coach
Date: Thursday, 11/8  Time: 7:45-8:30am
Location: Two Options — Please register for ONE of the following.
1. Landau Economics Building, Lucas Conference Center, Room 134A, Sanne Lim —— (CBD18Th2-1a)
2. LKS 120, Taqwa Surapati (session information on Oct. 31st page) —— (CBD18Th2-1b)

PE.A.C.E. Guided Meditation with Swami Vidyadhishananda (CBD18Th2-2)
Sponsored by: HIP, ORL
In this 60-minute session, experience a Himalayan meditation based on the ancient Patanjali-Yogasutra, which integrates breath awareness and relaxation to bring about mental clarity and calm repose.
Instructor: His Holiness Swami Vidyadhishananda is a Himalayan monk and meditation master of the ancient Vedanta order. He was awarded the degree of Mahamahopadyaya (D.Litt et Phil) by the university system in India due to his scholarly and meditative interpretation of Sanskrit literature. He is the spiritual founder of the nonprofit Self Enquiry Life Fellowship.
Date: Thursday, 11/8  Time: 7:45-8:45am
Location: The CIRCLE, Old Union 3rd Floor, 520 Lasuen Mall

ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center
Sponsored by: Stanford Alumni Association, HIP
Tibetan Buddhist monks Geshe Lobzang Dorji and Geshe Lobzang Choephal from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.
Date: Thursday, 11/8  Time: 10:00am-5:00pm
Location: Arrillaga Alumni Center Lobby

Contemplative Concert at Bing (CBD18Th2-3)
Sponsored by: TAPS, Music, Stanford Arts, Bing Concert Hall, HIP, BeWell
Through music, dance and song, experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes performances by the Chocolate Heads Movement Band, a Stanford multidisciplinary student performing arts group, Kaariva, Stanford’s Polynesian dance group, Nā Wahine O’Kalani, a staff/faculty/community dance group, Mark Takata, Native American Rastaf, and Taksim a cappella group.
Date: Thursday, 11/8  Time: 12:00-1:00pm
Location: Bing Concert Hall

Compassion Buddha Sand Mandala Closing Ceremony (CBD18Th2-4)
Sponsored by: Stanford Alumni Association, HIP
As completion of the Compassion Buddha Sand Mandala creation, Geshe Lobzang Dorji and Geshe Lobzang Choephal will lead a closing ceremony. At the end of the ceremony, the monks will provide a small bag filled with sand from the mandala to any attendees who would like to take one home. The sand is considered blessed. Whatever sand is left will be placed in an urn, taken to the ocean, and spread in the water to bless the oceans and their creatures.
Instructor: Geshe Lobzang Dorji joined the Sera Jey Monastery in India at the age of 10 in 1986, received his Geshe degree in 2009 and is currently a resident teacher at Sera Jey Foundation in California.
Date: Thursday, 11/8  Time: 4:00-4:30pm
Location: Arrillaga Alumni Center Lobby

Cultivating a Resilient Spirit: A day of spiritual care for chaplains, advisors and counselors
The conference will focus on resiliency practices upheld by seasoned chaplains from the major fields of chaplaincy, and by advisors and teachers practiced in compassion and resilience.
Keynote: The keynote speaker will be Dr. Frank Rogers, Jr., Ph.D., who is the Muriel Berrine Roberts Professor of Spiritual Formation and Narrative Pedagogy and the co-director of the Center for Engaged Compassion at the Claremont School of Theology. His research and teaching focus is on spiritual formation that is contemplative, creative, and socially liberative. A trained spiritual director and experienced retreat leader, he has written on the interconnections between spirituality, social engagement, and theology. He is the author of Practicing Compassion: Compassion in Practice: The Way of Jesus (and its supplemental curriculum, The Way of Radical Compassion), The God of Shattered Glass, A Novel, and Finding God in the Graffiti: Empowering Teenagers through Stories.
Panel Conversation: David Freudberg, host of Humankind public radio program and the Spiritual Care Podcast, both distributed by NPR, will conduct a live interview with three thoughtful practitioners of spiritual care: Karen Bliestan, Associate Dean and Director of the Native American Cultural Center at Stanford, Sensei Josbin Byrnes, Vice-Abbot at Upaya Zen Center, and the Reverend John Harrison, Director of Spiritual Care at El Camino Hospital.
Breakout Sessions: Breakout sessions will be hosted by chaplains or advisors from higher education, health care, prison, military, and community settings. At the end of the day, we will engage in a meditative practice together and share closing thoughts on the day.
Lunch: A complimentary lunch will be provided.
Registration: Through the generous support of the Henry Luce Foundation, there is no cost to participants.

Optional Survey on Well-being and Resilience for the *Cultivating a Resilient Spirit* Conference registrants
If you are interested in receiving a personal report about your resilience and well-being, you are invited to complete Stanford’s WELL for Life survey at: med.stanford.edu/wellforlife.html
When you start the survey, please be sure to select Resilience Conference 2018 as your group code.
Completion of this online survey is not required for conference attendance.
If you choose to complete the survey, you will receive your personal report about your well-being along with resources and ideas about ways to improve well-being, based on the latest research from Stanford experts. WELL for Life gives you a chance to improve your own well-being while also contributing to the science of well-being worldwide.
If 50 or more people who are registered for this Resilience conference complete the survey, then an anonymous aggregate report portraying the conference attendee’s collective well-being will be provided to everyone at the conference as a tool for sparking conversations, insights and further understanding about resilience and well-being.

PLEASE NOTE: Anyone is welcome to complete Stanford's WELL for Life survey. You do not need to attend the “Cultivating a Resilient Spirit” conference to be eligible to take the survey available at: med.stanford.edu/wellforlife.html
If you are not participating in the “Cultivating a Resilient Spirit” conference, please do not select any group code when completing the Well-being survey. Thank you.
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