



# Mindfulness: Foundation for Teaching and Learning

Ninth Annual Conference, March 4-6, 2016

Bryn Mawr College, Bryn Mawr, PA (M. Carey Thomas Library, Great Hall)

Sponsored by: Mindfulness in Education Network, Bryn Mawr College, Association for Contemplative Mind in Higher Education, Association for Mindfulness in Education, Friends Council on Education, & Greater Good Science Center

Full conference registration: *Early Bird - \$300 before 2/1; Regular - \$420 after 1/31*  
 (Discounts available for student volunteers and groups of 10 or more from local schools)

To register and for more information, see <http://www.mindfuled.org>

## *PassageWorks Workshop: Introduction to the Five Dimensions of Engaged Teaching*

<p><b>Friday, March 4</b> 8:30 am – 3:00 pm</p> <p><i>Early Bird - \$100 before 2/1</i> <i>Regular - \$150 after 1/31</i></p> <p><i>(Lunch included)</i></p>	<p><b>Facilitators: Laura Weaver &amp; Rona Wilensky</b></p> <p>This one-day introduction to a longer course, explores the Five Dimensions of Engaged Teaching based on our book of the same title. The Five Dimensions include: cultivating an open heart, engaging the self-observer, being present, expanding emotional capacity and establishing respectful boundaries. These capacities allow us to joyfully and effectively meet the complex demands of our profession. In the workshop we engage in a selection of core practices and explore principles that support educators to develop and sustain a reflective teaching practice, manage stress, cultivate our own social and emotional intelligence, create truly inclusive classrooms and successfully collaborate with colleagues.</p>
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## *Keynote: Sam Himmelstein “A Relational Mindfulness Pedagogy”*

<p><b>Friday, March 4</b> 7:00 pm – 9:00 pm</p> <p><i>Early Bird - \$20 before 2/1</i> <i>Regular - \$30 after 1/31</i></p>	<p>As research continues to be published on the effectiveness of mindfulness-based interventions with youth populations, there is much to be excited about in this emerging field. While this positive, educators, therapists, and other youth workers are still left with the question of how to effectively disseminate mindfulness interventions to create meaningful experiences for the youth they work with. The simple truth is that who we are and the relational dynamics we have with our youth have a strong influence on youth engagement and outcome. In this keynote, Dr. Himmelstein will discuss a “Relational Mindfulness Pedagogy” that encompasses strategic awareness of the development of an authentic and mindful relationship alongside the development of self-awareness of youth. Attendees can expect to walk away with a sound philosophical framework and concrete strategies to help young people live the mindful path.</p>
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## *Mindfulness in Education Symposium*

<p><b>Sat, March 5</b> 8:30 am – 4:30 pm</p> <p><i>Early Bird-\$125 before 2/1</i> <i>Regular-\$175 after 1/31</i></p> <p><i>(Lunch included)</i></p>	<p><b>Morning Plenary Panel with Q&amp;A</b></p> <ul style="list-style-type: none"> <li>• BK Bose- “Dynamic Mindfulness for Excellence and Equity in Education”</li> <li>• Trish Broderick- “Adolescents and Mindfulness: Why it Matters”</li> <li>• Rose Sackey-Milligan- “Complexities of De-constructing Hierarchical Teaching Spaces in Higher Education”</li> </ul> <p><b>Afternoon Workshops</b></p> <ol style="list-style-type: none"> <li>1. Mindfulness and Compassion Inside and Outside the College Classroom: Promises and Limitations with Dorothe Bach &amp; Sandy Seidel</li> <li>2. What is the connection between mindfulness and outstanding school leadership? with Valerie Brown</li> <li>3. Mindful Teaching Engages Diverse Learners with Wynne Kinder</li> <li>4. One School’s Journey to Community-wide Mindfulness with Sharon Lauer</li> <li>5. Mindful Tech: Bringing Balance to Our Online Lives with David Levy</li> <li>6. Mindfulness-based Learning and Teaching-Personal and Professional Practices with Marilyn Webb Neagley &amp; Carol Wheeler</li> <li>7. Practicing What We Teach: Mindfully Teaching Mindfulness with Diane Reibel</li> <li>8. Using the power of imagination to develop contemplative capacities in early childhood (K-2) with Thomas Roepke</li> <li>9. The Mindful Teen: Promoting Mindfulness and Social-Emotional Learning with Dzung Vo</li> </ol>
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## *A Day of Mindfulness: Alive and Awake*

<p><b>Sun, March 6</b> 8:30 am – 3:00 pm</p> <p><i>Early bird-\$100 before 2/1</i> <i>Regular-\$150 after 1/31</i></p> <p><i>(Lunch included)</i></p>	<p><b>Facilitators: Richard Brady &amp; Irene McHenry</b></p> <p>Come join us for a day of nourishing silence, mindful awareness practices and reflection. Develop your capacity to be fully alive, to rest in your present moment experience with openness and kindness. You will be guided through a variety of mindful awareness practices including sitting and walking meditation, mindful eating, and mindful movement. There will be meditations for cultivating sensory clarity, focus, loving-kindness and compassion. This day is for beginners as well as those with prior meditation experience. “Only the day dawns to which you are awake.” Thoreau</p>
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