

Mindfulness and Mindful Movement Conversations Conference
Day 1 – Mindfulness in the Professions
Saturday, October 14, 2023 – Schedule

Note: These times are displayed in the US Eastern Time Zone
(If you are in another time zone, please adjust accordingly)

Time	Presenter	Presentation Title	Description
8:30 am-9:00 am	Donna Kester Phillips	Welcome	
9:00 am-10:00 am	Juliet Trail	Building Compassionate Networks in Education & Society	There is an urgent need to bring positive, empowering, inclusive change into our world, in the realm of education and in our global community. Such positive change requires a compassionate approach: to reduce harm, pain and suffering and to increase wellbeing and health, to the greatest extent possible, for the greatest number of individuals possible. C-HEARTS, the Contemplative Higher Education Alliance for Research, Teaching and Service, brings together professional in higher education and beyond to build a supportive network, using a compassionate approach. Dr. Trail will describe these efforts and how C-HEARTS can serve as an example of creating a Compassion Revolution in our world through contemplative leadership and community-building.
10:15 am-11:15 am	Theresa Meikle	Mindfulness and Learning: A Classroom Community Approach	The evidence that many of us, teachers and students, are struggling to manage personal and work / school related demands is everywhere. This interactive workshop will explore practices to nourish our wellbeing and provide us with strategies and approaches to share mindfulness with our students. As teachers and leaders, we create the weather of our learning landscapes alongside our students. When we cultivate the conditions for each student to thrive and to support the flourishing of their peers, we are building a caring community. This felt sense of safety, acceptance and belonging is essential to learning.
11:30 am-12:30 pm	Natalie Reynolds	Using the Third Space to Support Student Outcomes: The Journey of Mindfulness and Initial Teacher Education	In this interactive session, Natalie talks about her journey of bringing Mindfulness sessions and the Mindfulness-Based-Stress-Reduction program to staff and students at Edge Hill University in England, UK. Describing what Mindfulness is, how it links with neuroscience and stress-reduction, Natalie will then lead a mindfulness activity and there will be an opportunity to reflect on your experience. Whether you are curious about Mindfulness, or just looking to press the 'pause' button: Natalie's session will give your body and mind the space to 'be', rather than 'do'...we are human beings – and not human doings, after all!
12:45 pm-1:45 pm	Frank Hanley	Qigong & Mindful Practice for Individuals with Physical Challenges	This workshop will discuss and demonstrate my integration of mindfulness and mindful movement into a Qigong and Tai Chi practice. I teach this practice to clients who suffer with FSHD, a specific form of Muscular Dystrophy. Mindfulness enhances breathing, balance, and coordination practice. Mindful movements help

			during balance and stepping practice. The discussion presents my unique position as instructor and patient, some challenges the disease presents (mobility issues, fall prevention), and approaches for inclusion. Multiple demonstrations will provide attendees with an opportunity to learn and engage.
2:00 pm-3:00 pm	Rachel Cha	Fostering a Growth Mindset in a Classroom Environment	This presentation will focus on strategies for educators to support them in developing a positive growth mindset, so that they can effectively foster a growth mindset in a classroom environment. I will share strategies, examples and evidence of what has worked in my personal practice and has helped students reach their full potential academically, socially, spiritually and physically.
3:15 pm-4:15 pm	Sabriyah Smith	Peace of Mind Matters: The Importance of Self Care	I will do a fun presentation on why peace is important in our daily lives. I will briefly describe my work as a Life & Mindfulness Coach. I will discuss the importance of daily affirmations, deep breathing, meditation, and practical ways to incorporate self-care practices in your life. The participants will have 15-20 minutes to ask questions at the end of the presentation. I do encourage people to take notes while I am presenting.
4:30 pm-5:30 pm	Kia Boyd Taylor	Best Practices in Implementing Mindfulness in an Urban High School Setting	Mindfulness is often defined as a set of activities that promote self-regulation. Kabat-Zinn (2003) defined mindfulness as "the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment" (p.145). On the contrary, urban high schools have reported substantially more incidents of social and emotional issues among students. Educational reform activists have advocated for further enhancing the integration of mental health services in schools (Chafouleas et al., 2021). In this presentation, I will discuss best practices for implementing mindfulness interventions in an urban high school setting. I will also discuss ways school psychologists can support urban high schools in implementing mindfulness-based interventions.
5:45 pm-6:45 pm	Sandra Davis	Be the MAKER of your joyful life!	In this presentation, Sandra shares how she uses Mindfulness to win against her struggle with generalized anxiety and depression. Listeners are encouraged to be MAKERS of joyful lives by paying attention to and changing their emotions and inner thoughts. Sandra reveals how Gratitude and creative flow and essential parts of this life-long process of making one's life what they want it to be!
7:00 pm-8:00 pm	Minnassa Gabon	The "N" Word - The Transformative Power of Mindful Self-Care	Learning goals and objectives: Workshop participants will learn the four foundational pillars for Mindful Living Workshop participants will be given the tools to: <ul style="list-style-type: none"> • reduce/manage their stress • improve their work/life balance • prioritize their self-care Workshop participants will expand their knowledge of Mindful Self-Care Workshop participants will learn the scientific benefits Mindful Self-Care: <ul style="list-style-type: none"> •Self-Care is not selfish •Self-Care is essential to our biological, sociological, and

			psychological well-being •Self-Care is Self-Empowerment: it releases you to be and become a beneficial and transformative presence in our families, community, and the world.
8:15 pm - 9:15 pm	Leeann Hunter	Embodying Your Calling: A Contemplative Workshop for Professionals	This workshop integrates personal storytelling and embodied visualizations to help participants cultivate positive energy toward their professional calling from a values-based perspective. This approach honors the obstacles we have encountered over the last several years, including burnout, grief, and anger in our attitudes toward our professions, and offers some paths for renewed growth. Participants will leave this workshop with narrative tools that will support and nourish them, reminding them of their core values when they face challenges.
9:30 pm- 10:30 pm TBD	Harry Uhane Jim	Ho'oponopono: clearing and release Trauma energy	There are really only two kinds of forgiveness. Now or later. The skill of levity, breath, paired with intention create space for grace. Happens with Breath. We're going to have a conversation around lifting restrictive and toxic energy and thoughts that live stuck. We Will use tools healing from Hawaii. And we will laugh. Giggle. Take on the skills of grounding and levity to choose wellness, and the State of Mind that lives with emotions of peace and grace. Breath... the Ha, can empower us to live well in these times of recurring Trauma.
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**Mindfulness and Mindful Movement Conversations Conference
Day 2 – Mindful Movement**

Sunday, October 15, 2023 – Schedule

**Note: These times are displayed in the US Eastern Time Zone
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Time	Presenter	Presentation Title	Description
8:30 am-9:00 am	Donna Kester Phillips	Welcome	
9:00 am-10:00 am	John Platt Nadia Linda Hole?	A Toolbox of Energy - Quick Qigong Exercises for Energy, Health, and Emotional Balance	Qigong can be defined as a system of movement, breath, and mental focus that is intended to keep our life force energy, or “Qi”. Circulating in the body - bringing more energy and vitality. What was once a secretive practice passes down by master’s is now available to everyone. Practitioners often join studios, Zoom classes or watch DVD’s to experience a Qigong routine lasting 30 to 90 minutes. However, there are numerous simple individual Qigong techniques that can be practiced separately for everyday concerns such as energy loss, digestion issues, insomnia, elevated levels of stress, and more. This presentation will present a number of easy-to-learn Qigong practices allowing one to build Qi “Toolbox” for on-the-spot as needed practice. To name a few: “Sinking the Eyes” for more energy “Baby Bird Learns to Fly” for calming the nervous system “Eating the Moon Cream” to bring in the cooling energy of the moon “Golden Light Protection” “The White Ape Picks a Peach” to stretch internal organs “Wrapped in Gold Qi” for protection Mudras to ward off illness And many more...
10:15 am-11:15 am	Philip Lai	QiGong and Energy Healing for Wellness & Healing	Philip Lai, 黎大虎, Certified Naturopath Therapist, Energy Healer and Mentor Expert in TCM acupuncture and massage Qi Gong and Kung Fu Master Instructor Reiki and Tai Chi Master Have over 40 years of experience treating depression, lupus, diabetes, insomnia, poor circulation, back pain, paralysis and even cancer. Video about Philip Lai & Qigong https://www.youtube.com/watch?v=8OwNG17x5pU Workshop contents: a) Breathe with the intention of Empowerment & healing b) Calm mind, relax entire body and release stress, pain and negative energy c) Improve your concentration, oxygen intake, and immune system d) Feel the joy, happiness and positive energy e) singing with Qi.
11:30 am-12:30 pm	Nadia Linda Hole	Ho’oponopono Qi for Personal Peace, & Global Transformation Too	Peace starts with me - From the cross-cultural wisdom traditions of the Ho’oponopono Breath of Aloha from Hawaii, and miracle healing QiGong from China - explore for yourself how profound these practices and teachings

			can be - for not only you and your loved ones, and those you care about, but also for our collective consciousness, and greater universal family as well.
12:45 pm-1:45 pm	Susi Rosinski Donna Kester Phillips	Taming the Turmoil – Playful Movement for Mindful Outcomes.	Children are under far more stress than ever before. The ancient system of Qigong is perfectly suited to help children deal with stress through simple movements that help them overcome mental, physical, and emotional distractions. Come join us as we explore new ways to introduce Mindful Movement in the classroom.
2:00 pm-3:00 pm	Kelly Whelan-Enns	Cultivation In Three Movements	In this workshop we will explore three Qigong movements and how to use them to move and cultivate Qi in the body. Opening and close of the joints move blood and lymph, nourishing our bodies. Refinement of the internal flow of blood and lymph is the key to refining and cultivating Qi. Qigong sets can sometimes take up time. In our busy world, having simple solutions to complex realities provides us with easy to use tools and a way to maintain our qigong practice. Lift Cauldron & Push Mountain To The Sea, White Snake Coils Body and Phoenix Soars To Heaven are the three movements we will be exploring in this workshop. Easy to use in sequence and individually, these movements provide a solid kit of tools for opening the joints and releasing tension, rewiring the nervous system and cultivating stronger Qi flow.
3:15 pm-4:15 pm	Steve Jackowicz	The Five Constant Virtues: The Core Connection of Humanism	The Five Constant Virtues (Wu Chang 五常) are aspects of the soul that relate to the inborn nature of the Five Phases (Wu Xing 五行). Heavily utilized in Confucianism as well as Daoism, the Five Constant Virtues; benevolence (ren 仁), propriety (li 禮), integrity (xin 信), righteousness (yi 义), wisdom (zhi 智), represent core values that lie deep in the soul but exist only in expression in the outside world. They are called constant since they reside within even if we ignore them or deny them. But like perennial flowers, they will bloom again if given care and attention. They are the expression of our connectivity to the world. This workshop explores the traditional practices to cultivate these Constant Virtues, and bring them forth, so we may be better connected to our fellow humans, the world, and the divine. All levels of experience are welcome to participate. Handouts will be available so that we can continue to practice on our own and develop ourselves in the way of virtue.
4:30 pm-5:30 pm	Grandmaster Yuanming Zhang	Approaching Cosmic Consciousness in Daily Life	This workshop will focus on the cultivation of the Six Treasures of Heaven and Earth. The sun, moon, and stars are considered the Three Treasures of Heaven. The wind, fire, and water are considered the Three Treasures of Earth. Together they are termed the Six Treasures of Heaven and Earth. In the Daoist Tradition, we believe that cultivating a relationship with these six primordial forces will accord the individual with the powers and virtues of Heaven and Earth allowing a grounded and meaningful existence. This workshop will teach practices to develop a connection to the Six

			Treasures and improve our experiences of life from a more cosmic perspective. No previous experience is needed to learn these powerful transformative techniques.
5:45 pm-6:45 pm	Lama Tantrapa	Mindfulness and Being in the Flow: How to Manifest Optimal Well-Being and High Performance	Are you interested in learning how to manifest optimal well-being on a daily basis? Do you want to enhance your performance in all aspects of your life? If so, this online workshop is for you. In this workshop, you will learn: • How mindfulness can help you cultivate awareness of the edges of your comfort zone; • What is being in the flow and how it can help you achieve optimal states of consciousness and well-being; • How Qigong Coaching can help you experience high performance through being in the flow. The workshop will be led by Lama Tantrapa, the founder of the Academy of Qi Dao and bestselling author of The Art of Being in the Flow. He has over 40 years of experience in teaching and coaching Energy Arts and has trained thousands of students worldwide.
7:00 pm-8:00 pm	Nick Loffree	Matter Over Mind - Psychophysiology of Qigong	Learn practical tools for mental health from the ancient movement practice of Qigong, and understand the physiological mechanisms underlying its efficacy.
8:15 pm - 9:15 pm	Wenlin Tan	Power of the Creative Cycle: Five Elements Moving meditation for Creativity & Well-being	There are five key phases of the Creative Cycle that are mirrored in your life. Join moving meditation and wellbeing specialist, Wenlin Tan, as she guides you through the Five Elements related to the Creative Cycle to explore how you can harness these unique energies to manifest abundance, joy, and flow in your life. In this session, you'll discover: - The Creative Cycle and the Five Elements of Chinese Medicine, and how they can help you navigate your life - The secret to finding flow through challenging transitions like perimenopause and PMS - How to balance and harness your five vital energies through a guided Qigong practice to enhance your creativity and vitality This workshop was previously presented online at the Qigong Global Summit in March 2023 (https://qigongglobalsummit.com/program/53330) and in-person at The Life Co in Bodrum, Turkey.
9:30 pm - 10:30 pm	Paul Wang	Emotional Alchemy for Mental Health	One of our greatest struggles as humans is with emotions and their relationship to mental health. We may find ourselves: — Drowning in anxiety — Plagued with fear — Stuck in depression Is it possible to become more free of this inner drama? + Feel everything without burning out + Tend to our energies without numbing flow + Stay open-hearted without hurting ourselves Benefits of Emotional Alchemy: 1. Establish an inner sacred refuge even if all else falls apart 2. Transform difficult states into meaningful opportunities 3. Unleash spontaneous creativity and holistic sensitivity 4. Enrich life with deeper experience and fuller expression 5. Empower yourself to infuse any moment with awareness 6. Meditate during daily activity rather than separately from it 7. Switch on greater purpose and deeper presence anytime Cultivation of Emotional Alchemy is a practical skill we define and refine. Via clear explanations

			embodied via simple exercises, you can embark upon the path of self-mastery.
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