

# **SECOND ANNUAL MINDFULNESS FAIR PROGRAM**

## **CONFERENCE ROOM A- THIRD FLOOR**

### **10:30AM Awaken Pittsburgh**

Stephanie M. Romero, Awaken Pittsburgh

Awaken Pittsburgh is a new local 501(c) (3) nonprofit whose mission is to promote personal and community well-being through mindfulness programs and compassionate actions. The founder, Stephanie Maietta Romero, EdD, will introduce how her meditation practice led her to establish the nonprofit, and she will present how Awaken Pittsburgh is bringing mindfulness programming to Pittsburgh businesses and institutions.

### **11:15AM Move Feel Think**

Janna Hockenjos, Inhale Yoga

This talk will introduce the benefits of a routine yoga practice, with particular attention to the positive emotional, behavioral and cognitive benefits; and will conclude with a demonstration of three very basic poses that can energize, calm, or rejuvenate the mind and body. Explore the ways that a routine yoga practice can serve as a healing modality in order to enhance quality of life.

### **1:15PM Bringing Mindfulness Home: Panel Discussion**

Shannon Wanless, Pitt School of Education; with Leah Northrup, Falk Laboratory School

Are you a parent who is interested in introducing mindfulness to your child and need advice about where to start? Have you already introduced mindfulness to your child and are now wondering how to turn that experience into a regular practice? Come to this session to hear from a panel of parents about their experiences with children of different ages. The discussion will include tips, resources, and the challenges overcome. This session will include time for audience Q&A.

### **2:00PM Attentional Teaching Practices: a Mindful Way to Improve Your Teaching**

Shannon Wanless and Tanner Wallace, Univ. of Pittsburgh School of Education

Attentional Teaching Practices (ATP) is an approach taught in Pitt's School of Education to help future teachers learn how to build relationships with students and colleagues. Through it, you can also learn ways that authenticity, acceptance, power-sharing, and balance can develop through mindfulness practices, and strengthen your personal and professional relationships.

### **2:45PM The Science of Overcoming and Mastering Mental Illness via Mindfulness**

Tom Menditto, ADHD Master Coach, [pittsburghadhdcoach.com](http://pittsburghadhdcoach.com)

Master Coach Tom Menditto will share his journey from struggling with 5 mental illnesses to completely overcoming them – being symptom and medication free for over 18 years. His technique, the Mastery System, combines Tai Chi, mindfulness meditation, and coaching in a unique way that has been highly effective for his clients over the past 10 years. He will discuss the science and research that underpin his system, how it can work for others struggling with these symptoms, and offer interactive exercises/takeaways for participants. Come learn, get inspired, and find peace.

## **GOLD ROOM- SECOND FLOOR**

### **10:30AM The Seeds of Mindfulness**

Rev. Kotoku Crivello, Zen Center of Pittsburgh

Mindfulness practice comes to us from the simple yet powerful and transformative tool originally taught by Buddha to His disciples as an essential component of living the Awakened Life. In our own lives mindfulness practice can help to raise our sense of well being to live more fully in the moment. We will look at some key ingredients of mindfulness and how such a practice once cultivated, unfolds in our daily lives.

### **11:15AM Mindful Eating Workshop**

Deborah Brooks, Laughing Rivers Sangha

Mindful eating helps us bring awareness and peace to our eating. This hands-on workshop will give you a taste of how you can use these simple practices to transform your relationship with food and your body.

### **1:15PM Insight Meditation**

Ven. Bhante Pematana, Pittsburgh Buddhist Center

Insight meditation (*vipassanā bhāvanā*) is one of many Buddhist techniques of mental culture. This particular meditation aims to train our mind to penetrate our illusions of reality which are created by unskillful attending to our sensory experiences. During this meditation, we tune our attention to directly experience three characteristics of reality: impermanence, unsatisfactoriness and selflessness. Ideally, Insight meditation is practiced after developing a strong level of calmness in the mind. However, learning the perspective offered by this meditation can help us see our daily experiences in a different light and free ourselves from conceptual constraints.

### **2:00PM Mindful Art: the Meaning of Mandalas**

Ven. Khenpo Choephel, Three Rivers Tibetan Cultural Center

Circular pictures known as mandalas are used as meditation objects, and recently became popular in adult coloring books. But in Tibetan Buddhist deity practice, these diagrams represent the divine palace of the deity, similar to an architectural drawing. Ven. Khenpo Choephel, an expert on sand mandalas, will talk about the meaning built into these sacred works of art.

### **2:45PM Awake in the Face of Suffering: Confronting Climate Change and Nightmare Politics**

Acharya Adam Lobel, Pittsburgh Shambhala Meditation Center

Perhaps at no other time in human history have we experienced the amount of normalized stress, anxiety, and depression as we do today. What is our response to this, what is its spiritual power? How do we turn to its wisdom amidst terrifying ecological truths and the institutionalization of greed, terror, and hatred in our government?

## **BALLROOM B- SECOND FLOOR**

### **10:30AM Tai Chi: Meditation in Motion**

Gurney Bolster, Senior Trainer, Tai Chi for Health Institute

Tai chi is a centuries-old practice designed to foster health and mobility. It engages body, mind and spirit through a series of gentle, flowing postures. Often described as "meditation in motion", tai chi reduces tension while improving posture, core strength and breathing. Regular practice of tai chi can help maintain wellness and enhance quality of life. A great way to manage stress and gain peace of mind, tai chi can help elevate mood, improve sleep, boost immunity and reduce pain.

### **11:15AM Walking Meditation**

Debra Messer, UPMC *LifeSolutions* EAP

Walking meditation is a refreshing way to connect with the present moment, with our feelings, and with the Earth. This deep, simple practice can help you find calm, ease and freedom as you move through your daily life.

### **11:40AM Family Yoga Practice**

Leah Northrup, Falk Laboratory School

Join Leah Northrup for a fun, energetic, child-centered practice that will connect, inspire and relax. Partners of groups are encouraged! Leah is a faculty member at Falk Laboratory School on the campus of the University of Pittsburgh where she teaches yoga and mindfulness to students in grades K-8, teachers and staff.

### **1:15PM Mindful Yoga**

Tim Krupar, RYT-200, [sitandbreathe.com](http://sitandbreathe.com)

Participants will be guided through a 30-minute mindful stretching session throughout which the breath will be coordinated with basic movements of the body. The sensations of the breath and body will be used as anchors, yoking awareness to the experience of the present moment. All are welcome, previous yoga experience is not required.

### **2:00PM Pebble Practice**

Rebecca Wright, Falk Laboratory School

A family-friendly meditative practice inspired by Thich Nhat Hanh's work with young children. Make your own "pebble parking lot" and explore how just a few short phrases can help you relax and feel restored and refreshed!

### **2:45 Mindful Art: Lotus Sculpting for Families**

Bonnie Weiss, Olmo Ling Tibetan Bon Center, and the School of Mindful Arts

In several of the world's great religious traditions, the lotus flower represents purity and non-attachment. In this program each participant will explore Art as a Mindfulness or Contemplative Practice by sculpting a lotus flower tealight holder to use as a focal object for future meditation sessions. Bonnie Weiss is the Youth Sangha Coordinator for Olmo Ling Bon Buddhist Center and owner of The School of Mindful Arts, teaching meditation, art and multiculturalism to children ages 3-18.