

FIFTH ANNUAL MINDFULNESS FAIR PROGRAM March 28, 2020

“ENGAGED MINDFULNESS FOR CHANGE”

THE GYM: Speakers about Mindfulness and Social Change

10:00AM: “Systemic Mindfulness for Organizations”

Joni Staff Sturgill, MSCP, ERYT, AADP, Healthy Body, Peaceful Soul

Joni Sturgill discusses a systemic approach for offering mindfulness within an organization, be it in a corporate system, educational system, or family system. She will share how a top-down approach of implementing mindfulness practices and life skills can help to shift from a culture of stress to one of greater focus, emotional regulation, and overall resilience. There will be lecture, a brief practice, and time for Q&A.

11:00AM: KEYNOTE: “Imagining, Embodying and Enacting Liberating Futures”

michelle king: learning instigator. love activist. transformer.

What does liberation look like, smell like, sound like, feel like? Perhaps the trap of fighting against the enemies and obstacles of freedom deters us from imagining what liberating futures might be. Yet, it is our right and responsibility to co-create the future. Let's grapple with and practice imagining, embodying and enacting liberation.

1:00PM: “Mindfully Preventing Dis-ease and Violence”

Richard King, PhD, Director, Mindful Pittsburgh

The basic steps inside of mindfulness practice involve therapeutic healing, impulse control, and emotional self-regulation in decision making. Whether it's first responders, prison residents, or urban youth exposed to the violence, they are all at-risk in sharing an exposure to violence and trauma. From a public health perspective, routine mindfulness practice could be a path toward disease intervention, as well as disease prevention, especially if the disease is violence. First responders, street outreach workers, social activists, and urban youth are all at-risk with toxic levels of stress in high stakes, time critical crisis situations. This talk will sketch Mindful Pittsburgh's workshops applying the inside steps of mindfulness practice to offer a path toward violence prevention, health, wellness and habit change.

2:00PM: “Bringing Mindfulness to Allegheny County Jail”

Stillworkers

This program will describe work of The Stillworkers at the Allegheny County Jail supporting inmates' mindfulness practices with meditation sessions and the Path of Freedom, a mindfulness-based emotional intelligence curriculum.

3:00PM: PANEL: “Compassionate Change in Our Community”

Moderators: Leah Northrop and David Givens, PhD, CMCS University of Pittsburgh

This panel will explore the intersections of mindfulness and mindful being with anti-racist thinking and organizing. The community leaders on this panel have offered to share their unique experiences building compassionate and anti-racist spaces and movements. They draw from experience with education, criminal justice, advocacy, yoga and trauma healing. Together, these speakers intend to build a dialogue around ways audience members can also facilitate greater equity and compassion in others or in their communities.

PANELISTS:

Tina Raspanti, Building Compassionate Learning Communities

Tina teaches psychology at Mt. Lebanon High School and founded the BCLC to bring educators together with the best teachers, researchers, and practitioners in the fields of social emotional learning (SEL) and contemplative practices - mindfulness, resilience, and the science of human flourishing.

Heather Manning, YogaRoots Antiracist Raja Yoga

AntiRacist Raja Yoga is a practice grounded in unconditional love: self-care and community care with an emphasis on unlearning the violent cultural habits of sexism, racism and capitalism by honoring our humanity through humane practices of Raja Yoga.

Dawn Lehman, Collective Change Partners

Dawn has worked for nearly two decades in the fields of **Restorative Justice** and **Conflict Transformation**. Much of this time she oversaw a victim-sensitive dialogue program which diverted young people from the Juvenile Court process.

MULTIPURPOSE ROOM: Speakers about Mindfulness and Personal Change

10:00AM: "A Mindfulness Based Intervention to Target Mood Swings in Youth at Risk For Bipolar Disorder: From Brain to Behavior Change"

Danella Hafeman, MD, University of Pittsburgh

Noelle Ostroff, Chatham University

In this session, we will present experiences and findings from a mindfulness intervention that we implemented for 20 youths 10-14 years old who had a first degree relative with bipolar disorder, as well as some mood symptoms. We will describe some of our core practices; our strategies for encouraging our participants to use mindfulness *in vivo*; challenges that we faced with implementation; and our clinical and brain findings. Following the mindfulness intervention, youth had less mood lability, less anxiety, higher self-reported mindfulness, and less suppression of emotions. We found that after mindfulness groups, the posterior cingulate (a region of the brain central to mind-wandering) was more connected to a region in the Executive Control Network; and this change predicted increases in mindfulness and decreases in mood lability.

1:00PM: "What's Love Got to Do With It?" An Invitation to a Conversation on Relational Mindfulness

Tina Raspanti, Building Compassionate Learning Communities

From the time we're born and throughout our lives, human beings crave love, intimacy, and connection. How does mindfulness show up in our lives, throughout our days, in the ways we relate to and communicate with others? This session will be an engaged discussion co-created by the hearts, minds and voices in the room.

2:00PM: Engaged Mindfulness and The Six Perfections

Rev. Kotoku Ray Crivello, Resident Head Priest, Zen Center of Pittsburgh, Deep Spring Temple

Mindfulness practice encourages us to work on the harmony of body, mind, and spirit and to extend this work to each other and then our communities. This harmony is the working of correct living guided by compassion and insight.

Mindfulness practice in daily life can be a powerful and positive change agent for personal and community living. In the classic Buddhist schematic, mindfulness is one of the 6 “gates” or Perfections where we can pivot from the usual view of separateness and exclusiveness to a view of inclusion and interconnection. The Six Perfections are tools we use to see the reality of life, without discrimination based on our own limited views.

3:00PM: “Crisis as the Axis to Transformation: Mental Health Meets Meditation”

Kristy Weidner, LCSW

We live in an era where over half of the population either self-medicates or takes prescription medication in an effort to adapt to our ever changing and demanding schedules. Typically, a client seeks counseling to deal with some type of crisis. Once the crisis is resolved, we often find that there is a sense of disconnect to self and a desire to connect with life purpose. Our brains can become conditioned to constantly monitor our experience and to live through narratives that cause us to feel behind in life or think that we will never have enough. This discussion will address how our stories work and how mindfulness and meditation practices help support healing our emotional wounds and will lead to a better understanding of our psychological selves.

CAFÉ: Family Friendly Activities and Contemplative Crafts

10:00AM: “Mindful Eating Workshop”

Deb Brooks, MS, RD, LDN, 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.

11:00AM: “Container Garden Craft”

Jamie Christian, Executive Director, Lettuce Turnip the Beet Sustainability Collective

Learn how to build a garden in small and unusual places by reusing everyday items and permaculture techniques. Participants may choose to make a salad, salsa, or pizza planter. Knowing how to grow your own food, and where it comes from, is an essential part of mindful nutrition and self-care. The fuel that we consume dictates our physical, mental, and emotional output. Better fuel creates better functioning, happier, and healthier people. Happier, healthier people equals a happier, healthier world!

1:00PM: “Making Memory”

Carolyn Myron, MA, Rooting to Rise LLC

Explore the emotive appeal of different materials, colors, and textures to create a physical, artistic expression of a cherished memory. Discover how open-ended creative expression can give shape and form to ideas and feelings that may be difficult to articulate. This session will allow families and individuals of all ages to experience how art can provide comfort, nostalgia, inspiration, and healing.

2:00PM: “Mindful Friends and Kindness Story and Activities”

HealthyCHILD- University of Pittsburgh Office of Child Development

HealthyCHILD will be doing a child-focused activity on our MindFEEL curriculum, including a lesson on Mindful Friends with a story and activity. We will also include a Kindness activity.

ATRIUM: Movement Practices

10:00AM: “Therapeutic Chair Yoga”

Joanne Spence, BSW, MA. Certified Yoga Therapist, Executive Director, Yoga in Schools, Director, Urban Oasis Pittsburgh

Have you always wanted to try yoga but were too afraid to try? Whatever the reason, try this gentle, breath-focused class with Joanne Spence. Bring your curiosity. All bodies welcome. No prior yoga experience needed.

NOON: Yugo

Alison Popivchak, Pittsburgh Yoga Therapy

Come learn about Yugo. Created by local yoga instructor, Ali Popivchak, Yugo is an interactive yoga card game for all ages. A traditional yoga class can be challenging for some kids and teens. Yugo helps to bring the practice yoga to anyone in a fun, accessible way. Ali will give you some background information about the game and get to play in a group during the session.

1:00PM: “Moving into Balance: the way of Tai Chi Qigong”

Gurney Bolster MA, Founder, Director, Tai Chi for Health Pittsburgh

Enjoy the gentle, flowing movement and active stillness to release tension, restore energy, soothe and strengthen body, mind and spirit.

2:00PM: “AntiRacist Raja Yoga”

Heather Manning, YogaRoots

AntiRacist Raja Yoga is a practice grounded in unconditional love: self-care and community care with an emphasis on unlearning the violent cultural habits of sexism, racism and capitalism by honoring our humanity through humane practices of Raja Yoga. Raja Yoga’s 8-Limbed Path shares a way of living that encompasses these standards of living: Behavioral observances (purity, contentment, self-study, self-discipline, surrender to higher power), Behavioral restraints (non-violence, celibacy, non-stealing, non-hoarding, non-possessiveness), Yoga poses, Breathing techniques, Sensory withdrawal, Concentration, Meditation, and Purposeful living.

3:00PM: “Mindful Movement”

Laurel Chiapetta, YogaU, M.S., RYT500, E-RYT200, YACEP

Finish the day of mindful activities, learning and thought with a little movement and a lot of breath. This session is appropriate for anyone and everyone. Participants will learn a brief practice that can be done seated, standing, at the wall, in bed, etc. All movement practice will be paired with breath with time at the end for a brief meditation

YOGA ROOM: Meditations

10:00AM: "Experience HU: Sound of Soul"

Shernise A. Allen, Local Vahana Team Leader - ECKANKAR Western PA

You are invited to try this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the uplifting presence of the Devine

10:30AM: "Metta Sutra Chant"

Bhante Pema and Bhante Metta, Pittsburgh Buddhist Center

This session includes a short guided meditation and rhythmic chanting of the Metta Sutra (The Discourse on Loving-Kindness) in Pali language as an aid to meditation

11:00AM: "Transmission Meditation"

Sheila Forester

Learn and participate in a brief Transmission Meditation where meditators invite and 'step down' potent spiritual energies entering our planet so they can be more effectively used towards the transformation of our world and leads to greater love and universal oneness.

11:30AM: "Introduction to Korean-Style Zen: Chanting, Meditation, & Mantra"

The Kwan Um School of Zen

An introduction to key aspects of Korean-style *Hwadu* Zen in the form of a 5 minute chant, the explanation of two important teachings, and a 10-15 minute meditation session.

1:00PM: "Chenrezig Mantra Meditation"

Three Rivers Tibetan Cultural Center

In this practice participants will be able to briefly experience mantra meditation, an important part of the Vajrayana practice of Tibetan Buddhism. By reciting the mantra of the Chenrezig (Avalokiteshvara) we give the mind a point of focus while simultaneously encouraging our minds to take on Chenrezig's compassion for all beings. This practice is open to all and does not require any prior experience.

1:30PM: "Guided Metta Meditation"

Bhante Punna, Pittsburgh Buddhist Center

This session will give you a step by step guidance to ignite loving-kindness within you and to radiate it to all living beings

2:00PM: "Introduction to Jain Meditation"

Suzen Sharda Segall, Jain Meditation International

Be introduced to the timeless universal guiding principles of Jainism and experience one-pointed concentration practicing a guided mantra meditation.

2:30PM: "Meditation Moments with Meditation Club at Pitt"

Shikha Pasrija, Pitt Meditation Club

We will start with an introduction to meditation, do some gentle stretches and have a guided meditation with the group

3:00PM: “Gachirin-kan (Moon-disk meditation)”

Jakuho Weiser, Shingon Buddhist Monk

Gachirin-kan (月輪觀), or Moon-disk meditation, is a method taught in Shingon Buddhism where the practitioner contemplates upon the full moon, representing their own fundamentally pure mind.

3:30PM: “Zen meditation and Qigong”

Colleen Crivello, IIQTC, Resident Instructor at the Zen Center of Pittsburgh, Deep Spring Temple

An introduction to Zen meditation and Qigong for everyone offered with generosity and compassion featuring movement based on breath, awareness, posture.

LABYRINTH: First Floor Terrace All Day (weather permitting)

The labyrinth is a walking meditation, a path of prayer and an archetypal blueprint where psyche meets Spirit. It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends. Unlike a maze where you lose your way, the labyrinth is a spiritual tool that can help you find your way. Generally there are three stages to the walk: releasing on the way in, receiving in the center and returning when you follow the return path back out of the labyrinth. Symbolically, and sometimes actually, you are taking back out into the world that which you have received.

BOOK SALE, Library: All Day, courtesy of City of Asylum

FAMILY STORY TIMES 10AM & 1PM, courtesy of Books for Change

City of Asylum creates a thriving community for writers, readers, and neighbors. We provide sanctuary to endangered literary writers, so that they can continue to write and their voices are not silenced. We offer a broad range of literary programs in a variety of community settings to encourage cross-cultural exchange. We anchor neighborhood economic development by transforming blighted properties into homes for these programs and energizing public spaces through public art with text-based components.

Books for Change: Join the University of Pittsburgh Early Childhood Community as they promote equity through picture books! The Office of Child Development is holding a book donation event with books available for purchase on-site through City of Asylum. Engaging storytellers will be in the library reading books from a carefully curated list of story and picture books that promote themes of equity and inclusion!

THE CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES is housed within the University of Pittsburgh’s Graduate School of Public Health. Additional sponsorship is provided by the School of Medicine (Center for Integrative Medicine), the School of Health and Rehabilitation Science, the School of Education, the Falk School, and the Dietrich School of Arts and Sciences (Department of Religious Studies, the Writing Program within the Department of English, and the Department of Psychology). The Center is also a member of the **Mindfulness in Education Network**. Find us online at www.mindfulness.pitt.edu; www.facebook.com/mindfulnesspitt; contact us at mindfulness@pitt.edu or P.O. Box 7319, Pittsburgh, PA 15213.

