



THE UNIVERSITY OF PITTSBURGH CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES

FIFTH ANNUAL MINDFULNESS FAIR

SATURDAY MARCH 28, 2020

“ENGAGED MINDFULNESS FOR CHANGE”

TIME	THE GYM GROUND FLOOR <i>Speakers-Social Change</i>	MULTIPURPOSE ROOM GROUND FLOOR <i>Speakers-Personal Change</i>	CAFÉ GROUND FLOOR <i>Experiences</i>	ATRIUM SECOND FLOOR <i>Movement</i>	YOGA ROOM SECOND FLOOR <i>Meditations</i>	
10 AM-10:45	JONI STAFF STURGILL Healthy Body, Peaceful Soul “Systemic Mindfulness for Organizations”	DANELLA HAFEMAN, MD NOELLE OSTROFF, MA “Mindfulness to Target Mood Swings in Youth”	DEBORAH BROOKS Mindful Eating Workshop For All Ages	JOANNE SPENCE YOGA IN SCHOOLS Chair Yoga	10AM-10:20	SHERNISE ALLEN Eckankar
					10:30-10:50	BHANTE PEMA Metta Chant
11AM-11:45	KEYNOTE: MICHELLE KING “Imagining, Embodying, and Enacting Liberating Futures”		JAMIE CHRISTIAN LETTUCE TURNIP THE BEET SUSTAINABILITY COLLECTIVE Container Garden Craft		11-11:20	SHIELA FORESTER Transmission Meditation
					11:30-NOON	MATT KIZOR Korean-Style Zen
NOON-1PM	LUNCH BREAK	FOOD TRUCKS IN FRONT DRIVE (until 3PM)	OPEN SEATING IN CAFE	ALI POPIVCHAK YUGO Family Yoga Game	OPEN FOR QUIET CONTEMPLATION <i>(not a lunch space, please)</i>	
1PM-1:45	RICHARD KING MINDFUL PITTSBURGH “Mindfully Preventing Dis-ease and Violence”	TINA RASPANTI - BCLC “What’s Love Got to Do with It?” Relational Mindfulness	CAROLYN MYRON “Making Memory” Therapeutic Family Art Project	GUERNEY BOLSTER TAI CHI FOR HEALTH Moving into Balance	1PM-1:20	THOMAS HORN Chenrezig Mantra
					1:30-1:50	BHANTE PUNNA Guided Metta Meditation
2PM-2:45	STILLWORKERS “Bringing Mindfulness to Allegheny County Jail”	REV. KOTOKU ZEN CENTER OF PITTS. “Engaged Mindfulness and The Six Perfections”	HEALTHY CHILD Mindful Friends and Kindness Story and Activities	HEATHER MANNING YOGAROOTS AntiRacist Raja Yoga	2-2:20	SUZEN SEGALL Jain Meditation
					2:30-2:50	SHIKHA PASRIJA Pitt Meditation Club
3PM-3:45	PANEL “Compassionate Change in Our Community” Leah Northrop, David Givens	KRISTY WEIDNER, LCSW “Crisis as the Axis to Transformation”		LAUREL CHIAPETTA YOGA U Mindful Movement	3-3:20	JAKUHO WEISER Moon-disk Meditation
					3:30-3:50	COLLEEN CRIVELLO QiGong

LABYRINTH ON THE FIRST FLOOR **TERRACE** ALL DAY (Weather Permitting)

INFORMATIONAL TABLES FROM LOCAL MINDFULNESS GROUPS IN GROUND AND FIRST FLOOR HALLS ALL DAY

BOOK SALE (ALL DAY) & STORYTIMES (10 AM & 1 PM) IN **LIBRARY** COURTESY CITY OF ASYLUM & BOOKS FOR CHANGE

FALK LABORATORY SCHOOL

4060 ALLEQUIPPA ST., PITTSBURGH, PA 15213