

# THE CMCS 3<sup>rd</sup> ANNUAL MINDFULNESS FAIR

SATURDAY APRIL 7, 2018

## SCHEDULE OF EVENTS

TIME	MULTIPURPOSE ROOM GROUND FLOOR	CAFETERIA GROUND FLOOR	CLASSROOM 123 MAIN FLOOR	ATRIUM UPPER FLOOR
10:15AM	REV. KOTOKU CRIVELLO "Cultivating Mindfulness in Our Community"	KAYLA HERSPERGER "Mindfulness in Social Media Communities"	DEBORAH BROOKS "Mindful Eating Workshop"	GURNEY BOLSTER "Tai Chi: Meditation in Motion"
11:00AM	KEYNOTE: ROSS ROBINSON "Empowering Communities Through Yoga, Mindfulness and Self-Care Practices"	KELLI DAVIS "The Potential Use of Mindfulness for Weight Loss Management"	BONNIE WEISS "Mindful Art: Prayer Flag Making for Children and Adults"	TIM KRUPAR "Cultivating A Breath We Can Follow"
NOON	<i>LUNCH BREAK IN THE GYM ON THE GROUND FLOOR</i>			
12:30PM	SADIE GROSSMAN "The Wellness and Integrative Oncology Program at UPMC Hillman"	VEN. BHANTE PEMA "Mindfulness of Breathing"		MARTHA O'GRADY "Walking Meditation"
1:15PM	Q&A WITH ROSS ROBINSON ABOUT THE HOLISTIC LIFE FOUNDATION	THE STILLWORKERS "Bringing Mindfulness to The Allegheny County Jail"	RENEE PRYMUS "Yoga and Writing"	KELLY BATTLE BECK "Mindful Movement"
2:00PM	FELICIA SAVAGE FRIEDMAN "Antiracist Organizing Through an Integrative Raja Yoga Practice"	NICOLE MONTELEONE "Mindfulness in Recovery"	A CONVERSATION WITH DR. PETER L. SALK	PAUL RICHARDS "Family Yoga- A Practice for Everyone"
2:45PM	STEPHANIE WIJKSTROM "Mindfulness in The Community: How to Connect, Communicate and Collaborate"	TOM MENDITTO "The Science of Overcoming and Mastering Mental Illness Via Mindfulness"		

### MEDITATION ROOM (UPPER FLOOR) SCHEDULE:

**10:15 AM:** ECKANKAR "THE SOUND OF SOUL"

**11:00AM:** QUIET MEDITATION; DEMONSTRATION SETUP OF BUDDHIST HOME SHRINES

**12:30PM:** ZEN CENTER OF PITTSBURGH DEEP SPRING ZEN TEMPLE

**1:15PM:** THREE RIVERS TIBETAN CULTURAL CENTER

**2:00PM:** PITTSBURGH BUDDHIST CENTER

**2:45PM:** PITTSBURGH SHAMBHALA MEDITATION CENTER

**LABYRINTH ON TERRACE ALL DAY** (Weather Permitting)

### FALK LABORATORY SCHOOL

4060 ALLEQUIPPA ST PITTSBURGH PA 15213

SPONSORED BY **THE CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES**

AT **THE UNIVERSITY OF PITTSBURGH**

**THIRD ANNUAL MINDFULNESS FAIR**

## LIST OF INFORMATION TABLES THE GYM- GROUND FLOOR

AWAKEN PITTSBURGH  
CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES  
CITY OF BRIDGES HIGH SCHOOL  
EAST LIBERTY PRESBYTERIAN CHURCH  
ECKANKAR  
HEALTHY CHILD  
PITTSBURGH BLEEP/INSTITUTE OF NOETIC SCIENCES  
PITTSBURGH BUDDHIST CENTER  
PITTSBURGH SHAMBHALA MEDITATION CENTER  
REFUGE RECOVERY  
THE STILLWORKERS  
STRESS FREE ZONE  
THREE RIVERS FREE CLINIC  
THREE RIVERS TIBETAN CULTURAL CENTER  
TRANSMISSION MEDITATION  
UNITY CENTER OF PITTSBURGH  
ZEN CENTER OF PITTSBURGH- DEEP SPRING ZEN TEMPLE

***THE INFORMATION TABLES ARE SET UP IN THE GYM ON THE GROUND FLOOR. PLEASE VISIT THEM AND LEARN MORE ABOUT MINDFULNESS COMMUNITIES ACTIVE IN THIS REGION!***

**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 <https://mindfulnesspitt.org>; [www.facebook.com/mindfulnesspitt](http://www.facebook.com/mindfulnesspitt); contact us at [mindfulnesspitt@pitt.edu](mailto:mindfulnesspitt@pitt.edu); or P.O. Box 7319, Pittsburgh PA 15213.