

AUGUST 24-26, 2018

SCIENCE AND MEDITATION MINDFULNESS • COMPASSION • ETHICS CONFERENCE

Information and registration: www.mindfulnessesgyesulet.hu

Budapest, ELTE University Lagymányosi Campus

PROGRAM

Day 1 - Friday, August 24, 2018.

14.00-15.15	Registration
15.15-15.30	Opening Ceremony
	Opening Keynote (online) Jon Kabat-Zinn
15.30-16.30	Mindfulness in Medicine and Health Care: The Intersection of Meditation and Science and Why It Matters
16.30-16.45	Guided meditation: Jon Kabat-Zinn
16.45-17.00	Questions and Answers: Jon Kabat-Zinn
17.00-17.30	Tea and Coffee Break
17.30-18.15	Venerable Dr. Khammai Dhammasami (Buddhist Chaplain of the Oxford University) The Vitality of Meditation on Compassion and Appreciative Joy for Emotional Development
18.15-19.00	Niklaus Brantschen SJ (Jesuit Monk and Zen Master, ex-Director of the Lasalle Haus Meditation Center in Switzerland) Zen - since we are Human / Zen - weil wir Menschen sind

Day 2 - Saturday, August 25, 2018.

	Contemplative Practice Morning Meditations (short introduction and meditation)		
08.00-09.00	Vipassana / Zen Meditation	Mindfulness Meditation	Christian Contemplation Sajgó Szabolcs SJ
09.00-09.15	Break		
09.15-10.00	Antonia Sumbundu (Clinical Psychologist, Associate Teacher Trainer of MBCT of the Oxford Mindfulness Center) Mindfulness Based Cognitive Therapy		
10.00-10.30	Tea and Coffee Break		
10.30-11.15	Kevin Hawkins (ex-Principal of the American International School in Prague, author of „Mindful Teacher, Mindful School”) 3 Aspects of Mindfulness in Education: Be Mindful, Teach Mindfully, Teach Mindfulness		
11.15-12.0	Dr. Stephen Parker (Psychologist, Certified Yoga Therapist, Leading Teacher of the Association of Himalayan Yoga Societies) The Yoga Way to a Clear and Pleasant Mind - Patanjali, Neuroscience and Emotions		
12.00-14.00	Lunch Break Book Sale and Dedications Venerable Dr. Khammai Dhammasami Niklaus Brantschen SJ Dr. Stephen Parker		
14.00-14.30	Joan Halifax (Anthropologist, Zen Master, Director of Upaya Zen Institute, 40 Years Service in End-of-Life Care) - online Exploring a Radical Vision of Compassion „Compassion is Not a Luxury; It is a Necessity.”		
14.30-14.45	Guided Compassion Meditation: Joan Halifax		
14.45-15.00	Break		
	Workshops		
	Mindfulness in Health Care	Mindfulness in Education	Traditions
15.00-16.30	Mindfulness Based Cognitive Therapy Antonia Sumbundu	“b” program -Mindfulness in Schools Amy Burke	Himalayan Yoga Meditation workshop Dr. Stephen Parker
16.30-17.00	Tea and Coffee Break		
17.00-18.30	Mindfulness Based Symptom Management Lynette Monteiro	Mindful Teacher, Mindful School Kevin Hawkins	Mindful Self-Compassion Roy Frank Musten

Day 3 - Sunday, August 26, 2018.

	Contemplative Practice Morning Meditations (Short Introduction and Meditation)		
08.00-09.00	Vipassana Meditation Ven. Dr. Kh. Dhammasami	Mindfulness Meditation	Zen Meditation Niklaus Brantschen SJ
09.00-09.15	Break		
09.15-10.00	Lynette Monteiro (Clinical Psychologist, Co-Developer of Mindfulness Based Symptom Management) The Lost and Found History of Cultivating Character: How Mindfulness Lead the Renaissance of Ethics and Values		
10.00-11.30	Roundtable Discussion Mindfulness and Ethics <ul style="list-style-type: none"> ■ Point of View of Mindfulness Based Interventions - Lynette Monteiro, her MBPM program includes teachings on ethics ■ Point of View of Ethics in Health Care - dr. József Kovács, Professor of Bioethics, Director of the Institute of Behavioral Sciences ■ Business Ethics point of View - László Zsolnai, Director of Business Ethics Center of Corvinus University of Economics ■ Buddhist Education Point of View - János Jelen, Rector of the Dharma Gate Buddhist College in Budapest 		
11.30-12.00	Tea and Coffee Break		
12.00-12.30	Guest Institute: MIND & LIFE EUROPE Amy Cohen Varela Chair (online) European Summer Research Institute and Other European Projects of M&L Europe		
12.30-13.00	Guest Institute: MIND & LIFE INSTITUTE Susan Bauer-Wu President (online) 30 Years of Integrating Science and Contemplative Practice		