

AUGUST 24-26, 2018

SCIENCE AND MEDITATION MINDFULNESS • COMPASSION • ETHICS CONFERENCE

Information and registration: www.mindfulnessesgyesulet.hu

Budapest, ELTE University Lagymanyosi Campus

PROGRAM

J = Jedlik Room | **M** = Marx Room

All other programs will be in the **Conference Room**

Day 1 - Friday, August 24, 2018.

14.00-15.15	Registration
15.15-15.30	Opening Ceremony
	Opening Keynote (live-stream) 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
	Niklaus Brantschen SJ (Jesuit Monk and Zen Master, ex-Director of the Lasalle Haus Meditation Center in Switzerland)
18.15-19.00	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	Mindfulness Meditation Hungarian Mindfulness Association J	Vipassana Meditation Ven. Dr. Kh. Dhammasami	Christian Contemplation Sajgó Szabolcs SJ M
09.00-09.15	Transition Time		
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) (live-stream) 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	Transition Time		
	Workshops		
15.00-16.30	“b” program -Mindfulness in Schools Amy Burke J	Mindfulness Based Cognitive Therapy Antonia Sumbundu	Himalayan Yoga Meditation workshop Dr. Stephen Parker M
16.30-17.00	Tea and Coffee Break		
17.00-18.30	Mindful Teacher, Mindful School Kevin Hawkins J	Mindfulness Based Symptom Management Lynette Monteiro	Mindful Self-Compassion Roy Frank Musten M

Day 3 - Sunday, August 26, 2018.

	Contemplative Practice Morning Meditations		
08.00-09.00	Mindfulness Meditation Hungarian Mindfulness Association J	Zen Meditation Niklaus Brantschen SJ	Vipassana / Zen Meditation Dharma Gate Buddhist Collage M
09.00-09.15	Transition Time		
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 Host of the Conference - Gábor Fazekas		
11.30-12.00	Tea and Coffee Break		
12.00-12.30	Guest Institute: MIND & LIFE EUROPE Amy Cohen Varela Chair (live-stream) 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 (live-stream) 30 Years of Integrating Science and Contemplative Practice		