

The Center for Contemplative Mind in Society
Summer Session on Contemplative Curriculum Development
Smith College, Northampton, MA, August 8 – 13, 2010

Sunday, August 8th

- 2:00 – 5:00 Registration & Welcome, *Chapin House*
- 5:00 – 5:45 Reception, *Chapin House*
- 6:00 – 7:00 Dinner, *Lamont House Dining Room*
- 7:00 – 9:00 Opening Circle: Introductions, Agenda Review, Program Goals
Neilson Library, Neilson-Browsing Room

Monday, August 9th

- 7:30 – 8:30 Breakfast, *Lamont House Dining Room*
- 8:30 – 9:00 Meditation led by Mirabai Bush
Ainsworth Gym, Room 151
- 9:00 – 9:30 Yoga led by Sunanda Markus
Ainsworth Gym, Room 151
- 9:45 – 11:00 **“Contemplative Pedagogy: Principles and Design”**
Presentation and discussion led by Arthur Zajonc
Neilson Library, Neilson-Browsing Room
- 11:00 – 11:15 Break (Coffee, tea)
- 11:15 – 12:15 Contemplative practice session and conversation (Arthur Zajonc continued)
Neilson Library, Neilson-Browsing Room
- 12:30 – 1:30 Lunch, *Lamont House Dining Room*
- 1:30 – 2:00 Faculty Meeting
Neilson Library, Neilson-Browsing Room
- 2:30 – 4:00 Course development in small groups
See posted list for group assignments and locations
- 6:00 – 7:00 Dinner, *Lamont House Dining Room*
- 7:30 – 9:30 Film Presentation – **The Buddha** by David Grubin (aired on PBS)
Neilson Library, Neilson-Browsing Room

Tuesday, August 10th

- 7:30 – 8:30 Breakfast, *Lamont House Dining Room*
- 8:30 – 9:00 Meditation led by Arthur Zajonc
Ainsworth Gym, Room 151
- 9:00 – 9:30 Yoga led by Sunanda Markus
Ainsworth Gym, Room 151
- 9:45 – 11:00 **“Architecti et usus meditatio – Architecture and the Use of Meditation”**
Presentation and discussion led by Peter Schneider
Neilson Library, Neilson-Browsing Room
- 11:00 – 11:15 Break (Coffee, tea)
- 11:15 – 12:15 Contemplative practice session and conversation (Peter Schneider
continued)
Neilson Library, Neilson-Browsing Room
- 12:30 – 1:30 Lunch, *Lamont House Dining Room*
- 2:00 – 3:00 Contemplative Arts Session led by Carrie Bergman
Neilson Library, Neilson-Browsing Room
- 3:30 – 4:30 Course Development time: Individuals can work alone or in groups
OR
Instructional Practice session with Mirabai
Neilson Library, Neilson-Browsing Room
- 4:45 – 5:45 **“The Voices of Our Many Selves”**
Presentation by Geri DeLuca
Neilson Library, Neilson-Browsing Room
- 6:00 – 7:00 Dinner, *Lamont House Dining Room*
- 8:00 - Performance by **Akim Funk Buddha**
Davis Ballroom

Wednesday, August 11th

- 7:30 – 8:30 Breakfast, *Lamont House Dining Room*
- 8:30 – 9:00 Meditation led by Mirabai Bush
Ainsworth Gym, Room 151
- 9:00 – 9:30 Yoga led by Sunanda Markus
Ainsworth Gym, Room 151
- 9:45 – 11:00 **"Philosophy: The Art of Wondering"**
Presentation and discussion led by Renee Hill
Neilson Library, Neilson-Browsing Room
- 11:00 – 11:15 Break (Coffee, tea)
- 11:15 – 12:15 Contemplative practice session and conversation (Renee Hill continued)
Neilson Library, Neilson-Browsing Room
- 12:30 – 1:30 Lunch, *Lamont House Dining Room*
- 3:30 – 4:30 Course Development time: Individuals can work alone or in groups
OR
Instructional Practice session with Arthur Zajonc
Neilson Library, Neilson-Browsing Room
- 4:45 – 5:45 **"Apertures of Awe: The 'art' of 'beholding'"**
Presentation by Joel Upton
Neilson Library, Neilson-Browsing Room
- 6:00 – 7:00 Dinner, *Lamont House Dining Room*
- 7:30 – 9:00 **"The Science of Meditation"**
Presentation by Arthur Zajonc and Walter Osika, Researcher, the Stress
Research Institute, Stockholm University

Thursday, August 12th

- 7:30 – 8:30 Breakfast, *Lamont House Dining Room*
- 8:30 – 9:00 Meditation led by Arthur Zajonc
Ainsworth Gym, Room 151
- 9:00 – 9:30 Yoga led by Sunanda Markus
Ainsworth Gym, Room 151
- 9:45 – 11:00 **"What Can Literature Mean after Bergen Belsen, Hiroshima, Biafra,
Darfur, and Kabul?"**
Presentation and discussion led by Linda-Susan Beard
Neilson Library, Neilson-Browsing Room
- 11:00 – 11:15 Break (Coffee, tea)
- 11:15 – 12:15 Contemplative practice session and conversation (Linda-Susan Beard
continued)
Neilson Library, Neilson-Browsing Room
- 12:30 – 1:30 Lunch, *Lamont House Dining Room*
- 2:00 - 3:00 Contemplative Arts led by Carrie Bergman
Neilson Library, Neilson-Browsing Room
- 3:30– 4:30 Course Development time: Individuals can work alone or in groups
OR
Instructional Practice session with Mirabai
Neilson Library, Neilson-Browsing Room
- 4:45 – 5:45 "Open Space" Session
Neilson Library, Neilson-Browsing Room
- 6:30 – 9:00 Reception and Banquet Dinner
Lamont House – Outside Terrace

Friday, August 13th

*** Check-out 7:30 – 9:00 a.m.**

Please clear your room of all personal belongings and bring your keys to Beth in the common area of Chapin House before 9:00 a.m. Personal belongings may be stored in the main common area or resident apartment until departure.

7:30 – 8:30	Breakfast, <i>Lamont House Dining Room</i>
9 – 9:30	Meditation, <i>Neilson Library, Neilson-Browsing Room</i>
9:30 – 10:30	“Open Space” Session <i>Neilson Library, Neilson-Browsing Room</i>
10:30 – 10:45	Break (Coffee, tea)
10:45 – 11:45	Closing Circle <i>Neilson Library, Neilson-Browsing Room</i>