

The Center for Contemplative Mind in Society  
**Summer Session on Contemplative Curriculum Development**  
*Smith College, Northampton, MA*  
August 9 – 14, 2009

**Sunday, August 9th**

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- 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 10th**

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- 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                      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*

## Tuesday, August 11th

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- 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 “Practical approaches to the impractical/Impractical approaches for the practical: contemplative practices in the science classroom”  
Presentation and discussion led by Michelle Francl  
*Neilson Library, Neilson-Browsing Room*
- 11:00 – 11:15 Break (Coffee, tea)
- 11:00 – 12:15 Contemplative practice session and conversation (Michelle Francl continued)  
*Neilson Library, Neilson-Browsing Room*
- 12:30 – 1:30 Lunch Break, *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 “Contemplative Seeing”  
Presentation by Jody Ziegler  
*Neilson Library, Neilson-Browsing Room*
- 6:00 – 7:00 Dinner, *Lamont House Dining Room*
- 7:30 – 9:00 "Mindfulness meditation leads to changes in brain structure"  
Presentation by Britta Holzel  
*Neilson Library, Neilson-Browsing Room*

## Wednesday, August 12<sup>th</sup>

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- 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            “Regret”  
Presentation and discussion led by Dan Barbazet  
*Neilson Library, Neilson-Browsing Room*
- 11:00 – 11:15            Break (Coffee, tea)
- 11:15 – 12:15            Contemplative practice session and conversation (Dan Barbazet continued)  
*Neilson Library, Neilson-Browsing Room*
- 12:30 – 1:30            Lunch and Break, *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            "Contextualization: Matching Mindfulness Practices to Substantive Pedagogy"  
Presentation by David Zlotnick  
*Neilson Library, Neilson-Browsing Room*
- 6:00 – 7:00            Dinner, *Lamont House Dining Room*
- 7:30 – 9:00            Contemplative Arts Evening  
*Location TBA*

## **Thursday, August 13<sup>th</sup>**

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- 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           “Drawing is Meditation”  
Presentation and discussion led by Brad Grant  
*Neilson Library, Neilson-Browsing Room*
- 11:00 – 11:15           Break (Coffee, tea)
- 11:15 – 12:15           Contemplative practice session and conversation (Brad Grant  
continued)  
*Neilson Library, Neilson-Browsing Room*
- 12:30 – 1:30           Lunch Break, *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 14<sup>th</sup>**

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### **\* 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, *Lamont House Dining Room*

9 – 9:30             Meditation, *Neilson Library, Neilson-Browsing Room*

9:30 – 10:30        “Open Space” Session  
*Neilson Library, Neilson-Browsing Room*

10:30 – 11:30      Closing Circle  
*Neilson Library, Neilson-Browsing Room*