Contemplative Practices in a Technological Society

Enriching Education, the Arts, Health, Science, and Technology Through Mind Body Disciplines

April 11–13, 2013

The Inn at Virginia Tech and Skelton Conference Center • Blacksburg, Virginia

Along with the marvels of the 21st century come hurry, distraction, and distress and a compelling question: *How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?*

To answer this question, we invite students, the academic community, professionals, and contemplatives from Education, Arts, Health, Business, Science, Technology, and other areas to engage in a conversation about the future of contemplative mind body practices in our emerging technological society.

Applying the facilitation skills of The Center of Appreciative Practice at the University of Virginia, this conference will actively include all participants in an extended dialog designed to tap the participants' collective wisdom for shaping our future. We will address fundamental questions such as:

What have we as individuals learned from our own experiences with contemplative mind body practices and how can we extend this learning further in promoting physical, emotional and spiritual well-being in our institutions?

How can institutions like universities, business enterprises, schools, government agencies and others incorporate contemplative disciplines in promoting excellence and innovation as this century unfolds?

How can contemplative mind body practices build a foundation for a safer, saner, more compassionate society in this technological age?

This conference is the first of a series of regional conferences designed to lay the foundation for growing supportive networks of contemplative practice in and between education, research, business, and community programs through synergistic interactions.

"... contemplative practices are central to our contemporary paradigms, so much so that I believe that this is the next big thing (and also the most ancient) in evolutionary science!"

— Rich Fernandez, Director of Executive Development, Google

Preconference Workshops

(conference attendance not required)

Bringing the Wisdom of Mindfulness Into Everyday Life
With **Michael Carroll** and **Patton Hyman**
Learn mindfulness meditation. Learn how this simple practice can help promote health, well-being and emotional intelligence in daily life. For experienced and new practitioners.
1:30 – 5:00 p.m., April 11

MindUP Workshop
With **Marc Meyer** of The Hawn Foundation
An introduction to *MindUP*, the Hawn Foundation's signature educational program for K-8. For educators, child advocates, and other interested people.
9:00 a.m. – 3:30 p.m., April 11

Call for Papers

We invite contributed papers, panels, or poster sessions in the following areas (but not limited to) —
• Contemplative educational pedagogy and methodology, both K-12 and Higher Ed
• Contemplative practice in the arts, science and technology
• Contemplative practice in leadership and business
• Contemplative practice in health and wellness
• Contemplative practice and the environment
• Contemplative practice within student communities

Keynote Speakers

Congressman Tim Ryan – Author of *A Mindful Nation*

Trungram Gyaltrul Rinpoche – Head of Dharmakaya Meditation Organization

Rich Fernandez – Director of Executive Development, Google

Linda Lantieri – Director of Inner Resilience, New York, NY

Ali and **Atman Smith, Andres Gonzalez** – Holistic Life Foundation, Baltimore, MD

Michael Carroll – Author, *Awake at Work* and *The Mindful Leader*

Rick Bowles – Executive V.P. and Chief Ethics and Compliance Officer for Merck & Co., Inc. (retired)

Mark McNamee – Provost, Virginia Tech

Charles Lief – President, Naropa University

Special Event

As part of the conference, Virginia Tech Institute for Creativity, Arts, and Technology's IMPACT Studio invites proposals for art, installations, and technology demonstrations with focus on contemplative practice to be showcased at the conference.

For more information and registration, visit:
www.cpe.vt.edu/cpts/

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