

UMW MINDFULNESS WEEK, FALL 2014

Monday 9/15, 4:00-5:00 p.m., Lee Hall 412

Presenter: Dr. Harold Roth (Professor of Religious Studies and Director of the Contemplative Studies Initiative at Brown University)

Session: "Contemplative Studies and the Liberal Arts"--free and open to the public.

Dr. Harold D. Roth is Professor of Religious Studies and the Director of the Contemplative Studies Initiative. Roth is a specialist in Classical Chinese Religious Thought, Classical Daoism, the Comparative Study of Mysticism and a pioneer of the academic field of Contemplative Studies. In fact, Roth is the person who initially coined the term "Contemplative Studies" and he designed the first university concentration program in this subject. His publications include six books, *The Textual History of the Huai-nan Tzu* (Association for Asian Studies, 1992), *Original Tao: "Inward Training"* and the *Foundations of Taoist Mysticism* (Columbia University Press, 1999), *Daoist Identity: Cosmology, Lineage, and Ritual* (w/Livia Kohn) (University of Hawaii Press, 2002), *A Companion to Angus C. Graham's Chuang Tzu: the Inner Chapters* (Society for Asian and Comparative Philosophy, 2003), *The Huainanzi: A Guide to the Theory and Practice of Government in Early Han China*, (w/John S Major, Sarah Queen, and Andrew S. Meyer)(Columbia, 2010) and *The Essential Huainanzi* (w/ Major, Queen, and Meyer) (Columbia, 2012). He has also published more than 40 articles and book chapters on the history and religious thought of the Daoist tradition, on the textual history and textual criticism of classical Chinese works, and on the pedagogy and the academic discipline of Contemplative Studies.

Tuesday 9/16, 4:00-5:00 p.m., Ridderhof Martin Gallery

Presenter: Bhante Seelananda (Vice Abbot of the Bhavana Society: <http://bhavanasociety.org/>)

Session: "Introduction to Mindfulness" workshop--free and open to the public

Ven. Seelananda was born and bred in Sri Lanka as a Theravada monk. Having received the invitation extended from American Sri Lankan Buddhist Association of New York he came to US for the dissemination of the Dhamma in 2002. Bhante Seelananda, along with his friends, established a meditation Center named "Samatha Vipassana Meditation Centre" in Edmonton Canada. Ven. Bhante Henepola Gunaratana and the board of Directors have appointed Ven. Bhikkhu T. Seelananda as the Vice president and Vice Abbot of Bhavana Society from January 2011.

Wednesday 9/17, Noon-12:50 p.m., Lee Hall 411

Instructor: Bill Brooks (co-founder of the Insight Meditation Community of Fredericksburg:)

Activity: "Introduction to Meditation" workshop--open to UMW staff, faculty and students (only)

Bill is certified as a meditation teacher by the Meditation Teacher Training Institute. He leads meditation practice and shares the dharma with the IMCF sangha, and instructs introductory courses in mindfulness meditation locally, including at UMW. Bill is also certified as a yoga teacher (RYT 200) through the Integral Yoga Academy at Satchidananda Ashram, and teaches yoga at several locations around Fredericksburg, including UMW. Bill is also a co-founder of IMCF (<http://meditatefred.com/index.html>).

WEDNESDAY 9/17, 7:00-9:00 P.M., LEE HALL 411

OUR KEYNOTE LECTURE!!! Dr. Lilian Cheung (Director, Health Promotion and Communication in the Department of Nutrition, Harvard University) will offer a lecture, "Mindful Eating"--free and open to the public, followed by an author book signing (of "Savor: Mindful Eating, Mindful Life", 2010, 2011, co-authored with Zen Master, Thich Nhat Hanh and acquired for translation in 17 countries).

Dr. Lilian Cheung is Lecturer and Director of Health Promotion & Communication at the Harvard School of Public Health's Department of Nutrition. She is the Editorial Director of The Nutrition Source, Harvard School of Public Health's nutrition website for health professionals, media and consumers. She also serves as co-editorial director of the Obesity Prevention Source, a website providing science based information for policy changes at the community level, as well as the Asian Diabetes Prevention Initiative, a website providing research-based evidence for policy makers and public with the goal of reversing the spread of type 2 diabetes in Asia. Her work focuses on the translation of science-based recommendations into public health communications and programs, to promote healthy lifestyles for chronic disease prevention and control.

She is the co-Principal Investigator and co-author of *Eat Well & Keep Moving* (2001, 2nd edition 2007, 3rd edition planned for 2015), a globally disseminated school-based nutrition and physical activity program for upper elementary school children. She is a Co-Investigator at the CDC Harvard Prevention Research Center on Nutrition and Physical Activity.

Other work includes her role as co-editor of *Child Health, Nutrition and Physical Activity* (1995) with the late Surgeon General Dr. Julius Richmond, and co-author of *Be Healthy! It's A Girl Thing: Food, Fitness and Feeling Great!* (2003, 2nd edition 2010), a book written for adolescent girls. Her latest book *Savor: Mindful Eating, Mindful Life* (2010, 2011) co-authored with Zen master, Thich Nhat Hanh, has been acquired for translation in 17 countries.

Thich Nhat Hanh, her co-author, has appeared on Oprah many times, and an article about the book they co-wrote can be found on Oprah's on-line magazine: <http://www.oprah.com/spirit/A-Conversation-with-Thich-Nhat-Hanh-About-Savor>

Thursday, 9/18, Noon-1:00 p.m., Lee Hall 412

Presenter: Dr. Nicole Surething (Director, UMW's Counseling and Psychological Services)

Activity: "Mindful Eating" Workshop –free and open to UMW students, staff and faculty

Dr. Nicole Surething completed her doctorate in Counseling Psychology at the University at Albany and completed her internship and post-doctoral work at The Ohio State University's Counseling and Consultation Service. Her professional interests include interpersonal and family of origin concerns, anxiety management, trauma, interpersonal violence, eating disorder and body image concerns, and group therapy. Dr. Surething utilizes an interpersonal and integrative approach in her work with students with the goal of developing awareness of patterns in relationships, increasing coping skills, and developing a healthy lifestyle.

Thursday, Sept. 18th, 4:00 – 5:00 p.m., Lee Hall 412:

Presenter: Drs. Miriam Liss (faculty, UMW Dept. of Psychology)

Session: “Mindfulness and Psychology” – free and open to the public

Miriam Liss, Professor of Psychology, earned a Ph.D. (2001) and M.A. (1998) in clinical psychology at the University of Connecticut, after receiving a B.A. (1995) with high honors in psychology from Wesleyan University. She is a clinical psychologist and has conducted research in autism and developmental disorders as well as sensory processing sensitivity and self-injurious behaviors. She also studies feminism, parenting, division of labor, and work family balance. She also has developed a collaborative program between UMW and the New England Center for Children (NECC) where students can spend a semester at NECC outside of Boston, performing applied behavioral analysis in a school setting and taking classes for UMW elective credit.

Dr. Liss’s honors include election into Phi Beta Kappa and Psi Chi, where she was selected as the Regional Faculty Advisor Winner and supervised the chapter winning the National Chapter Award in 2006. She received the UMW Outstanding Young Faculty Member Award in 2005 and was a finalist in the SCHEV state award in 2006 and 2009 and was named one of Princeton Review’s Best 300 Professors.

Friday, Sept. 19, Time and Location TBA

Instructor: Colleen Jacobs (Pitaiyo instructor and UMW graduate)

Activity: “Introduction to Pitaiyo”

Colleen was a member of the Synchronized Swim Team while attending Mary Washington and is excited to introduce Pitaiyo to UMW. Colleen is a certified Pitaiyo Instructor and works for the Federal Government in Quantico VA for her “day job”.