Douglas K Lindner
Bradley Department of Electrical and Computer Engineering
Housekeeping

Practice Sessions at 7:15 AM

Yoga, Taiji

Centennial Breakfast

Meditation in Assembly Hall

Lower Level, Down one Floor, Straight ahead
Acknowledgments

Office of the Provost
Institute for Creativity, Arts, and Technology (ICAT)
IMPACT Studio
Institute for Critical Technology and Applied Science
Institute for Society, Culture and Environment
Virginia Tech Carilion Research Institute
Learning Technologies
College of Engineering
College of Liberal Arts and Human Sciences
Pamplin College of Business
Bradley Department of Electrical and Computer Engineering
Department of Human Development
Department of Science and Technology in Society
Center for 21st Century Studies
Diggs Teaching Scholar Association
Acknowledgments

Radford University

The Center for Appreciative Practice at the University of Virginia

The Association for Contemplative Mind in Higher Education

Applied Mindfulness Training

Inward Bound Mindfulness Education

YTD

Clickinks.com
Acknowledgments

Student Organizations at Virginia Tech

Teach for America

Students for Non-Violence
in affiliation with the Center for Peace Studies & Violence Prevention

Actively Caring for People (AC4P)
in affiliation with the Center for Applied Behavior Systems

Living Buddhism Club at Virginia Tech

Nepalese Student Association at Virginia Tech

Reiki Club
Organizing Committee

- **Doug Lindner** (Electrical and Computer Eng, Virginia Tech)
- **Ico Bukvic** (Music, Virginia Tech)
- **Michael Carroll** (AAW Associates, Philadelphia, PA)
- **Eileen Crist** (Science and Technologies Studies, Virginia Tech)
- **Alan Forrest** (Counselor Education, Radford U)
- **Ed Fox** (Computer Science, Virginia Tech)
- **Angela Huebner** (MFT – NCR, Virginia Tech)
- **Susan Hutson** (Head, Human Nutrition Food, and Exercise, Virginia Tech)
- **Patton Hyman** (Tail of the Tiger, Barnet, VT)
- **Roop Mahajan** (Mechanical Eng, Director, ICTAS, Virginia Tech)
- **Eric McCollum** (MFT – NCR, Virginia Tech)
- **Rob Patzig** (Third Security, Radford, VA)
- **Pat Shoemaker** (Dean, College of Education and Human Development, Radford U)
- **Anisa Zvonkovic** (Head, Human Development, Virginia Tech)
Student Organizing Committee

- Diwas Thapa (Aerospace)
- Nisha Gnawali (Biological Sciences)
- Santhip Krishnan Kanholy (Mechanical Engineering)
- Michael Calve (Electrical and Computer Engineering)
- Rohan Cobb-Ozanne (Department of Psychology)
- Christina Williams (Chemical Engineering)
- Eric Diogun (Biological Sciences)
- Katie Hastings (Sociology and Psychology)
Support Staff

Continuing and Professional Education

• Holly McCall Williams
• Lois Stephens
• Colleen Bartos
• Teresa Gallegos
• Lori Atwater

The Inn

• Laurie Bonds
• Leland Shelton
• John Mathis
The Question

How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?
How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?

Contemplative Practices for a Technological Society
Cultivating Mind Body Practices to Invent Our Future
Who is in the conversation?

• A diversity of professions
  – Engineering, Humanities, Arts, Social Sciences, Business, Healthcare professionals, Educators, Community practitioners, Community members, Administrators, etc

• A diversity of ages

• A diversity of gender, race and ethnicity

• A diversity experience with contemplative practice
Diversity by Design

The intention is to create a conversation among individuals who are representative of the fabric of society.

The intention is to open the conversation to all voices.

The intention is to speak from wholeness.
How will we structure the conversation?

- By listening to the wisdom of those bringing these practices into society
- By listening to our own experience
- By direct engagement with the practices
- By engaging in dialog with each other so that all voices may be heard
How will we speak with each other?

Using the approach of

Appreciative Inquiry

the conversation will be facilitated by

The Center of Appreciative Practice
University of Virginia

Julie Haizlip, MD, Associate Professor of Pediatrics

Natalie May, Ph.D., Associate Professor of Research

Peggy Plews-Ogan, Chief, Div. of General Medicine, Geriatrics and Palliative Medicine and Director of CAP

John Schorling, MD, MPH, Professor of Medicine and Public Health Sciences and Director of Mindfulness Center and Physician Wellness Program

Cynthia Smith

Susanna Williams, Ph.D., faculty of UVA Mindfulness Center
What will this conversation look like?

Approximately 50% of the time we will be in one-on-one or small group conversation to discover:

_**Friday:**_
What have we as individuals learned from our own experiences with contemplative mind body practices?

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

Don’t lose your program!
What will be the result of this conversation?

Working Groups

to address the future of contemplative practices

A Website

that summarizes the results of our conversations
(under construction)

Video Documentation

Social Media

Please like our Facebook page: www.facebook.com/CP4TS
Follow us on twitter: @CP4TS.
Also post any pictures and tweets about the conference with the hashtag "#CP4TS"
Video Documentation Team

Ed Fox (Computer Science, Virginia Tech)
Joan Grossman (Dept. of Theatre & Cinema, ICAT)

Student Members
Val Komarov (Computer Science, Virginia Tech)
Kyle Stevens (Computer Science, Virginia Tech)
Yin Zhou (Computer Science, Virginia Tech)
Spencer Lee (Computer Science, Virginia Tech)
Parke May (Dept. of Theatre & Cinema)
What will be the result of this conversation?

Our intention is that everyone at this conference who would like to be involved in future development of contemplative practices will have a very clear understanding of the next steps.
The Question

How can we reconnect with our own humanity in the midst of a rapidly evolving technological society?

My experience with this question while organizing this conference.
My Experience

Mutual Support
My Experience

Kindness
My Experience

Bringing my Personal Life-Skills into my Professional Life
My Experience

Joy
My Aspirations for the Conference

May you leave with many friends

May you reconnect with the joy that inspired you to your (professional) path