MIDSUMMER MINDFULNESS
A PRACTICE AND TEACHING Fiesta!
Rome, 20 - 24 June 2016

Best-Practices Workshops Integrated into a Vibrant, Highly Participatory Learning Community for Teachers and Teachers-in-Training of MBSR and Other Mindfulness-Based Programs (MBPs)
Saki F. Santorelli, EdD, MA, Florence Meleo-Meyer, MS, MA, Judson Brewer, MD, PhD, and Bob Stahl, PhD

CONVERGENCE RETREAT
A SILENT 7-DAY, INSIGHT MEDITATION RETREAT

Exploring the foundation, essence and universal quality of Insight/Mindfulness Meditation practice expressed in mindfulness-based stress reduction (MBSR) and other mindfulness-based approaches taught in non-sectarian, 21st century settings.
Bob Stahl, PhD, Florence Meleo-Meyer, MS, MA, and Saki F. Santorelli, EdD, MA
Organized by

Motus Mundi
Centro per la Mindfulness

In collaboration with

Center for Mindfulness
in Medicine, Health Care, and Society

UMASS Medical School

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MIDSUMMER MINDFULNESS
A Practice and Teaching *Fiesta!* is an international gathering of practitioners and practitioners-in-training engaged in the integration of mindfulness into diverse fields such as medicine, healthcare, community and public health, psychology, education, leadership, law, business and athletics.
In close collaboration Centro per la Mindfulness Motus Mundi and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School have joined together to offer participants the opportunity to learn, practice and collaborate with mindfulness-oriented professionals from all over the world engaged in teaching and integrating mindfulness into diverse societal institutions and organizations.

Enveloped in the beauty of the Italian countryside we’ll explore a four-fold process:

- Investigate, in detail, essential aspects of mindfulness-based approaches and identified competencies required of any one teaching or aspiring to teach MBPs (Mindfulness-Based Program)
- Affirm the ethos, values and shared responsibility of bringing mindfulness into the world
- Forge an intentional, global community of MBP professionals
- Support continuing mindfulness education across the lifespan

In the good company of one another optional evening events will offer us the opportunity to enjoy some moments together, listen to great music, walk and be together at a beautiful conference center during midsummer.

The program is designed to help MBSR/MBP teachers and teachers-in-training create clear, supportive, lively, and rigorous programs.

Tuesday, June 21 will be entirely devoted to Science Day for all participants. On Wednesday 22 and Thursday 23, the program includes 6 separate workshops per day and each participant will choose to attend 2 of them. So at the end of the two days everyone will have participated in 4 workshops of their interest, among the ones included in the program.
MONDAY
JUNE 20

WELCOME, INTRODUCTION AND PRACTICE
From 6 pm to 10 pm:

TUESDAY
JUNE 21

PRACTICE AS SCIENCE AND
THE SCIENCE OF PRACTICE
Judson Brewer, MD, PhD

WEDNESDAY
JUNE 22

MINDFULNESS AND MBSR WORKSHOPS:
Saki F. Santorelli, EdD, MA - Florence Meleo-Meyer,
MS, MA - Bob Stahl, PhD

GROUP REFLECTION AND GATHERING
June 22 and 23 6:00 - 7:30 pm:

THURSDAY
JUNE 23

MINDFULNESS AND MBSR WORKSHOPS:
Saki F. Santorelli, EdD, MA - Florence Meleo-Meyer,
MS, MA - Bob Stahl, PhD

FRIDAY
JUNE 24

GATHERING TOGETHER AND NETWORK BUILDING: REFLECTING
ON OUR LIVES, WORK AND EXPERIENCE.
9:30 am to 12:00 pm

SCHEDULE OF WORKSHOP:
Morning 9:30 – 12:30, Afternoon 2:30 to 5:30
"The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.”

-Albert Einstein

**Practice as science...**

Practice is at the heart of mindfulness, whether we are aiming to decrease suffering, teaching MBSR, or trying to understand its scientific underpinnings. Before we can take any of these steps, we first have to really explore what suffering is for ourselves, on an experiential level.

**...and the science of practice.**

As we develop the ability to see clearly the causes of suffering, we learn to bare witness to our own suffering and that of others, which paradoxically helps us turn towards it instead of shrinking away from it. This radical shift can change our behavior, relationships and lives in fundamental ways. How does paying attention actually do this? The science behind mindfulness is rapidly building. Understanding how it changes our brain and behavior can inform our own practice while helping us teach and serve more effectively.

This daylong retreat will be conducted using the laboratory of our own body-mind. Periods of guided practice that punctuate particular aspects of experience will be integrated with brief presentations and discussions of directly relevant research findings. In this way, our subjective, lived experience will be intimately linked to current scientific understandings of the underlying neurobiological processes.

Emphasis will be placed on pragmatic “take home” points such that participants will come away with an updated and enriched knowledge and ways to practically describe and explain basic scientific tenants of MBSR practices, grounded in their own experience.
Together we will explore several areas including:

- Positive and negative reinforcements and their relationship to suffering
- The “wedge” of mindfulness and how it changes psychological processes
- Craving and how mindfulness decouples it from behavior
- The self, awareness and their relationships to the brain
- Loving kindness as a selfless practice (experientially and neurobiologically)

This is a full day program open to MBSR teachers and teachers-in-training, MBP teachers and all mindfulness practitioners who have a basic level of practice, this retreat offers you dedicated time and a supportive environment to deepen the sensitivity of your practice.

**Learning Objectives:**

Participants will be able to:
- Refine understanding of psychological processes through experiential insight
- Apply scientific concepts, grounded in experience, to personal practice and teaching

**Prerequisites:**
Ongoing personal mindfulness practice
REMEMBRANCE: DIALOGUE AND INQUIRY IN THE MBSR CLASSROOM

This workshop will be grounded in experience and our individual and collective reflection on our experience. As a learning community, we’ll investigate foundational source materials from various disciplines that frame and inform dialogue and inquiry in the mindfulness-based stress reduction (MBSR) classroom. We’ll hear from one another about the dialogue and inquiry occurring in our own classes, explore what’s difficult, delightful, and perhaps even delicious.

Together, we’ll practice dialogue and inquiry, learn how to offer and accept feedback from one another and, hopefully, become more informed, competent and wiser MBSR teachers.

Learning Objectives:

Participants will be able to:

- Cultivate mindfulness through silence, conversation and dialogue
- Summarize primary elements of the dialogue and inquiry process in MBSR
- Describe the three components of a “holding environment”
- Apply the “holding environment” components to teaching MBSR
- Analyze a typology of Socratic questions and their use in dialogue and inquiry
- Practice dialogue and inquiry methods in dyads and small groups
Mindfulness-based stress reduction (MBSR) emerged out of many intentions the primary one being the relief of suffering. To embody this intention as teachers requires us to become increasingly attentive to both our suffering and our capacity to love. These twin responsibilities make the path of the heart the essential competency of MBSR and other MBP teachers. Our vow to turn towards and move into the pain of the world is surely a confrontation with the uncomfortable and the unknown. Together, we’ll explore our inborn capacity to become increasingly intimate with the joys and sorrows of life - our own and those of our program participants - and perhaps wiser about meeting ourselves and others with greater understanding, ease, and delight.

**Learning Objectives:**

Participants will be able to:

- Cultivate mindfulness through silence, conversation and dialogue
- Identify your preferred modes of relating to class participants
- Recognize the therapeutic power of the heart as expressed in the MBSR classroom
- Explore new approaches to meeting challenging classroom dynamics
- Observe and investigate the dynamic interplay of fear/constriction and vulnerability/openness within ourselves and our MBSR participants
- Co-create a community of committed MBP teachers
TURNING TOWARD WHAT IS: INTIMACY, INTEGRITY AND IMMEDIACY IN TEACHING MBPs

In the crucible of the MBP classroom teachers are continually engaged with the immediacy of what is emerging. Knowing the inner and outer experience of intention, direct experience, the flow and content of the class, individuals and the group is part of the refining heat involved with teaching.

We may encounter moments of not knowing how best to respond or proceed. It is just at these times when “turning toward” can cultivate resources to greater strength and wisdom as teachers and in our unfolding lives.

Through writing, dialogue and discussion, we will compassionately explore deeply engrained, automatic urges to resist the heat of insecurity as well as the practice of “turning toward” and choosing to “be with” direct experience.

Cultivating intimacy alone and together, we will support the possibility of being up close, abiding in fullness of being while deep in the “nowness” of not knowing.

Learning Objectives:

Participants will be able to:
- Describe experiences of doubt and insecurity while teaching.
- Apply potential strengths emerging from the intention to pay attention to these experiences.
- Analyze and demonstrate unique expressions of engaging courageously with difficulty.
As a learning environment, the MBP classroom can be a fertile relational field with the potential to support individual growth while also dissolving a sense of separation and isolation among program participants. Engaging with meditation, inquiry and dialogue, individuals who began as strangers may develop familiarity, kinship and the potential to learn from and with one another. As this learning matrix deepens, transformation and greater freedom can flourish. Accessing the wisdom of the group depends on the teacher’s sensitive understanding of group formation and processes, methods to establish safety and clear boundaries, as well as recognition of our human experience of individual isolation, suffering and longing for belonging.

Designed to enhance relational competence in the MBP classroom, this workshop will focus on the teacher’s leadership style, knowledge of individual and universal issues, and methods which support the development of the class as a vibrant learning community. Participants will practice individual and group inquiry, develop sensitivity with responding to body language, learn ways to weave essential learning themes both implicitly and explicitly, and articulate methods that support the establishment of a strong, safe container which supports exploration and investigation.

**Learning Objectives:**

- Summarize key elements involved in cultivating safety in the MBP classroom.
- Apply skillful language that acknowledges the sovereignty of the individual while also invites inclusion in the group.
- Analyze three ways to incorporate challenging individuals into the group.
- Practice listening skills that incorporate verbal and non-verbal cues.
THE ESSENCE OF THE BODY SCAN AND SITTING MEDITATION

This workshop will explore the intention and underpinnings of the Body Scan and the Sitting Meditation by investigating their connection to the Four Foundations of Mindfulness and Buddhist Psychology.

Through lecture, meditation practice, small and large group discussion we will examine the essence of the Body Scan and Sitting Meditation and how to guide these practices skillfully. There will be an opportunity to practice and refine skills in leading these meditation practices in a safe and supportive environment.

Learning Objectives

Participants will be able to:
- Describe the intention behind Body Scan and the Sitting Meditation and their relationship to the Four Foundations of Mindfulness
- Demonstrate the use of inclusive language when leading meditation practices
- Identify key components when introducing the Body Scan Meditation
- Provide clear and kind instructions when leading meditation practices
- Describe how the theme of impermanence is integrated into the Sitting Meditation
It can be said that the heart of mindfulness is a fusion or integration of insight and love that we can simply call “kindfulness.” Through lecture, meditation practice, small and large group discussion this workshop will explore how compassion and mindfulness are embedded into MBSR and are the primary ingredients for the cultivation of loving-kindness.

We will devote time to practice and refine our skills and use of language to lead a more inclusive, responsive and embodied loving-kindness meditation.

Learning Objectives:

Participants will be able to:

- Articulate the historical context and underpinnings of loving-kindness meditation.
- Identify how compassion is expressed implicitly and explicitly in mindfulness curriculum.
- Examine areas of challenge students may have in experiencing loving-kindness meditation.
- Distinguish the difference between using formulaic phrases and leading a more embodied and responsive loving-kindness meditation.
- Demonstrate the heart and art of leading a loving-kindness meditation using inclusive language.
WHO CAN APPLY
The workshop is open to all MBSR and MBP teachers, to those engaged in formal teacher education and training programs, and to professionals who practice mindfulness and are intent on integrating it into their personal and professional lives.

REGISTRATION
You can register from February 1 to April 30, 2016. Please send your application form to eventi@motusmundi.it within April 30, 2016. Afterwards you will receive a confirmation mail containing the link for on-line payment.

TUITION FEES AND ACCOMMODATION COSTS FOR MIDSUMMER MINDFULNESS
Tuition fee + full board in single room is € 1,340,00 + 22% VAT
Tuition fee + full board in double room is € 1,180,00 + 22% VAT
LOCATION
MIDSUMMER MINDFULNESS will take place in Rome, at Fraterna Domus, Via Sacrofanese 25 – 00188 Roma - www.fraternadomus.it

TRANSLATION
A simultaneous translation service from English into Italian and from Italian into English will be provided for the whole workshop by professional interpreters.

HOST ORGANIZATION
Centro per la Mindfulness Motus Mundi www.motusmundi.it

AGENCY FOR ADMINISTRATION
9 Dots S.r.l. info@9dotsmindfulness.it www.9dotsmindfulness.it

FOR INFORMATION
www.motusmundi.it - eventi@motusmundi.it office: +39 340 4859093

CANCELLATION POLICY
Should you cancel your booking with us by May 15, we will give you a full refund of the attendance fee. Cancellations between May 15 to 30 will receive a 50% refund. Any later cancellations, from June 1-15, will receive a 30% refund. Any cancellation received after June 15 will not be refunded. For any cancellation € 100.00 will be deducted for administrative costs.
During the last 36 years Mindfulness-Based Stress Reduction (MBSR) and other Mindfulness-Based Programs (MBPs) have spread exponentially. Mindfulness is now being integrated into medicine, health care, education and a wide range of other social institutions. In parallel, it is a topic of research in neuroscience, psychology, epigenetics, education, business and leadership.

Yet, as this integration occurs, there is a gap in understanding regarding the origins, ethics, and context of mindfulness meditation practice. This retreat will experientially explore and emphasize the origins of Insight meditation practice and psychology that converge with and contribute to mindfulness-based stress reduction (MBSR) and other mindfulness-based programs and approaches.

Through intensive, ongoing practice and evening talks we will explore the essence and universal quality of these teachings and their expression in non-sectarian, 21st century settings. This retreat will offer silent periods of sitting and walking meditation, mindful yoga and group and individual teacher interviews.

Emphasis will be placed on connecting practice, foundational underpinnings and attitudes to the sensibilities and competencies needed to relate to and instruct MBSR and MBP program participants. In this retreat there will be daily talks and systematic meditation instructions that are all embedded in the spirit of loving-kindness. The retreat will emphasize working with the body, quieting the mind, opening the heart, and developing clarity, insight and depth of practice.
Note:

- This retreat requires no adherence to a particular faith tradition.
- This retreat fulfills part of the retreat requirements for becoming a Center for Mindfulness in Medicine, Health Care, and Society UMass/Oasis Institute Certified MBSR Teacher and is suitable for anyone teaching or aspiring to teach mindfulness in healthcare, psychology, education, science, government, or in the business and corporate sectors.

Learning Objectives:

Participants will be able to:
- Practice mindfulness meditation
- Explore the foundational underpinnings of MBSR and other MBPs
- Recognize the importance of embodying these foundational underpinnings when teaching MBSR
- Discuss dimensions of personal practice with guiding teachers
- Utilize mindfulness meditation in your personal and professional life
- Participate in and contribute to a community of mindfulness based professionals
CONVERGENCE RETREAT JUNE 25 - JULY 2

WHO CAN APPLY
The workshop is open to all MBSR and MBP teachers, to those engaged in formal teacher education and training programs, and to professionals who practice mindfulness and are intent on integrating it into their personal and professional lives.

REGISTRATION
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TUITION FEES AND ACCOMMODATION COSTS FOR CONVERGENCE RETREAT
Tuition fee + full board in single room is € 1.880,00+22% VAT
Tuition fee + full board in double room is € 1.680,00+22% VAT
LOCATION
CONVERGENCE RETREAT will take place in Rome, at Salesianum, via della Pisana 1111, 00163 Roma www.salesianum.it

TRANSLATION
The retreat will be lead in English, translation service from English into Italian will be provided for the whole retreat.

HOST ORGANIZATION
Centro per la Mindfulness Motus Mundi www.motusmundi.it

AGENCY FOR ADMINISTRATION
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Saki F. Santorelli, Ed.D, MA, Professor of Medicine, executive director of the Center for Mindfulness in Medicine, Health Care, and Society, and director of the Stress Reduction Program at the University of Massachusetts Medical School. He is the author of Heal Thy Self: Lessons on Mindfulness in Medicine.

Florence Meleo-Meyer, MS, MA, is director of Oasis Institute for Mindfulness-Based Professional Training and Education Programs at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. She holds degrees in both education and psychology, and is a licensed family therapist.
Judson Brewer, MD, PhD, is Associate Professor, Departments of Medicine and Psychiatry, director of Research, Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. A psychiatrist and internationally known expert in mindfulness training for addictions, Brewer has developed and tested novel mindfulness programs for addictions, including both in-person and app-based treatments. He has also studied the underlying neural mechanisms of mindfulness using standard and real-time fMRI, and is currently translating these findings into clinical use. He has published numerous peer-reviewed articles and book chapters, and spoken at international conferences.

Bob Stahl, PhD, has founded seven Mindfulness Based Stress Reduction programs in medical centers in the SF Bay Area and is currently offering programs at Dominican Hospital and El Camino Hospital in Los Gatos and Mt. View. Dr. Stahl serves as a senior teacher for Oasis Institute for Mindfulness-Based Professional Education and Training at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Bob is coauthor of 5 books: A Mindfulness-Based Stress Reduction Workbook, Living With Your Heart Wide Open, Calming the Rush of Panic, A Mindfulness Based Stress Reduction Workbook for Anxiety, and MBSR Everyday. Bob is the guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock.