

Embodying Mindfulness: A Week of Monastic Wisdom at Dartmouth

April 22-28, 2024



How can we practice Engaged Mindfulness to respond with intelligence and compassion to the increasingly challenging situations that come our way, personally and collectively? What practices can help us take better care of our strong emotions, like anger and grief? Join us in exploring these topics and more through a week of presentations, discussions, and meditation practice with senior monastic Dharma teachers in the Plum Village Tradition of scholar, poet, peace activist, and Zen Master Thich Nhat Hanh from [Deer Park Monastery](#) in California and [Magnolia Grove Monastery](#) in Mississippi. In these sessions we learn ways to cultivate insight, compassion, build resilience, non-fear and nurture a culture of inclusivity and loving kindness.

The [Dartmouth Plum Village Monastic Visit](#) web page of events will be updated daily.

Events are open to all without prior registration unless marked “registration required.”

Monday, April 22nd Events

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| 8:00 – 8:45 am
Rollins Chapel | <i>The Foundations of Mindful Breathing: Guided Sitting Meditation</i>
A guided meditation to develop our capacity to cultivate peace and joy. |
| 4:30-5:30 pm
Rollins Chapel | <i>Happiness is Here and Now: Engaged Mindfulness in a Complex and Changing World</i>
An introduction to applying mindfulness to our daily life to create a collective attitude of cooperation, abundance, and joy. |
| 5:30-6:00 pm
Outside Rollins Chapel | <i>Walking Meditation</i>
A walk with the community, where we cultivate awareness and enjoyment of the contact that we make with the ground. The walk will end near Moore Hall and the route will be wheelchair accessible. |
| 6:00-7:00 pm
Occom Commons
*Registration | <i>Mindful Eating and House Community Dinner</i>
Dartmouth House Communities are invited to practice mindful eating, followed by a discussion to explore how mindfulness can be applied in daily life to cultivate happiness. * Registration through House Communities |

Events Continued on next page.

Tuesday, April 23rd Events

- 8:00 – 8:45 am
Rollins Chapel
Flower Fresh, Mountain Solid: Guided Sitting Meditation
A guided meditation to develop our resilience and openness in every moment.
- 11:30-12:30
1953 Commons
Rm 204
Mindful Lunch
Bring your lunch and enjoy a mindful lunch with monastics. Thayer Rm 204 is above '53 Commons. Space may be limited.
- 1:00-2:00 pm
Rollins Chapel
Deep Relaxation
A guided meditation to relax the body and mind.
- 4:30 – 5:00 pm
Baker Library
Lawn
Mindful Movement and Qigong
Guided gentle movements to invigorate the mind and body. In the event of rain, the event will be inside Rollins Chapel.
- 5:30 -6:30 pm
Tucker Dinner
Rm 105 South
Fairbanks
Mindful Dinner with Monastics, Tucker Center
Dartmouth **students** are invited to practice mindful eating with monastics and your peers to cultivate gratitude and a deep connection to your food. *[Registration](#) through the Tucker Center
- 7:00-8:30 pm
Rollins
Chapel/Dartmouth
Green
Peace and Reconciliation Talk, Chanting, and Candlelight Vigil
A Dharma talk on peace and reconciliation, followed by chanting to invoke compassion and a candlelight vigil for world peace on the green.

Wednesday, April 24th Events

- 8:00 – 8:45 am
Rollins Chapel
How to Free Yourself from Distractions: Guided Sitting Meditation
A guided meditation to develop our capacity to enjoy the present moment.
- 9:00 – 9:30 am
Baker Library
Lawn
Mindful Movement and Qigong
Guided gentle movements to invigorate the mind and body. In the event of rain, the event will be inside Rollins Chapel.
- 11:30-12:30
1953 Commons
Rm 204
Mindful Lunch
Bring your lunch and enjoy a mindful lunch with monastics. Thayer Rm 204 is above '53 Commons. Space may be limited.
- 12:10-1:10
Tuck Alperin
Conference Room
Mindful Lunch
Enjoy a mindful lunch with monastics. Lunch will be provided. *Registration through Tuck Compass.
- 4:30-5:30 pm
Filene Auditorium
Panel Discussion: Mindfulness in Research, Scholarship and Teaching
This panel explores how mindfulness practices intersect with research, scholarship, and teaching to cultivate enriched learning environments and elevate the wellbeing of the community.
- 5:30-6:00 pm
Meet outside
Moore Hall near
solar panel
Walking Meditation
A walk with the community, where we cultivate awareness and enjoyment of the contact that we make with the ground. The walk will end at the Dartmouth Green and the route will be wheelchair accessible.

Events Continued on next page.

Thursday, April 25th Events

8:00 – 8:45 am Rollins Chapel	<i>Mindfulness of Feelings: Guided Sitting Meditation</i> A guided meditation to develop our capacity to comfort our strong emotions.
11:30-12:30 1953 Commons Rm 204	<i>Mindful Lunch</i> Bring your lunch and enjoy a mindful lunch with monastics. Thayer Rm 204 is above '53 Commons. Space may be limited.
1:00-2:00 pm Rollins Chapel	<i>Deep Relaxation</i> A guided meditation to relax the body and mind.
4:30-5:30 pm Spanos Auditorium, Cummings Building Room 100	<i>Falling in Love with Mother Earth: Engaged Mindfulness for a Creative and Spiritual Response to the Climate Crisis.</i> Using mindfulness to take care of our strong emotions while contributing creatively to reduce suffering. <i>Seating may be limited.</i>
5:45-6:15 pm Outside Engineering and Computer Science Center (ECSC)	<i>Walking Meditation</i> A walk with the community, where we increase our awareness of the innovative green technology that keeps the internal environment of the ECSC comfortable. The route is wheelchair accessible.
6:30-7:30 pm Sustainability Dinner *Registration	<i>Sustainability Dinner</i> A dinner to bring individuals together from across the campus who are working on energy and sustainability. *Contact Jennifer Cushing to inquire.

Friday, April 26th Events

8:00 – 8:45 am Rollins Chapel	<i>In Touch with Our Inner Child: Guided Sitting Meditation</i> A guided meditation to develop our capacity to be aware of our emotions and heal relationships.
4:00 – 5:45 pm Rollins Chapel & 6:00-8:00 Church of Christ \$20: Dartmouth students & employees only *Registration	<i>Cultivating Compassion: A 4-Hour Mindfulness Journey</i> A 4-hour mindfulness retreat for Dartmouth students, faculty and staff including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species. Retreat is FULL. Weekend retreat registration is still open.

Saturday, April 27th and Sunday, April 28th Event

Sat: 9:00 - 5:00 pm Sun: 9:00 - 4:00 pm Rollins Chapel \$40 Students/\$80 Dart. Employees/\$150 Public *Registration	<i>From Obstacles to Opportunities: A Two-Day Retreat on Mindful Living</i> A 2-day mindfulness retreat including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species. * Registration through the Hopkins Center. Register by 4/23 6pm to receive the included meals.
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In addition to these public events, the monastics will visit several classes over the course of the week.

This week is brought to you by The William Jewett Tucker Center, the Student Wellness Center, and the Geisel School of Medicine, in collaboration with and sponsored by: [*Mindful Dartmouth Initiative*](#) The Dartmouth President's Office, The Office of the Vice Provost for Academic Affairs, The Design Initiative at Dartmouth, The Thayer School of Engineering, Biology 3: Mindful Physiology, Tuck Compass, The Arthur L. Irving Institute for Energy and Society, The Hopkins Center for the Arts at Dartmouth, The Dartmouth Center for the Advancement of Learning, The Dartmouth Sustainability Office, The Guarini School of Graduate and Advanced Studies, The House Communities, and Wellness at Dartmouth.