

2009 MLSRI Weekly Format
 SUNDAY, JUNE 7 - SATURDAY, JUNE 13, 2009

Sunday, June 7 DAY Zero	Monday, June 8 DAY One	Tuesday, June 9 DAY Two	Wednesday, June 10 DAY Three MEDITATION DAY	Thursday, June 11 DAY Four	Friday, June 12 DAY Five	Saturday, June 13 DAY Six
	Yoga 6:00-7:00	Yoga 6:00-7:00	Yoga 6:00-7:00	Yoga 6:00-7:00	Yoga 6:00-7:00	Yoga 6:00-7:00
	Meditation 7:00-8:00	Meditation 7:00-8:00	SILENT MEDITATION DAY	Meditation 7:00-8:00	Meditation 7:00-8:00	CLOSING Meditation 7:00-8:00
	Breakfast 8:00-9:00	Breakfast 8:00-9:00	Breakfast (Silent) 8:00-9:00	Breakfast 8:00-9:00	Breakfast 8:00-9:00	Breakfast 8:00-9:00
	Intro to MLI Faculty and Staff George Dreyfus "Self/No Self" 9:00-9:45	Sharon Salzberg/Joan Halifax "Self-Regulation" 9:00-9:45	Meditation 9:00-12:00	John Dunne "Mental Causation & Agency" 9:00-9:45	Anne Klein "Self-Development" 9:00-9:45	Departure 9:00-12:00
	Evan Thompson "Self/No Self" 9:45-10:30	Adam Anderson "Self-Regulation" 9:45-10:30		Shaun Gallagher "Mental Causation & Agency" 9:45-10:30	Philip Zelazo "Self-Development" 9:45-10:30	
	Break 10:30-10:45	Break 10:30-10:45		Break 10:30-10:45	Break 10:30-10:45	
	Questions from Audience 10:45-11:15	Questions from Audience 10:45-11:15		Questions from Audience 10:45-11:15	Questions from Audience 10:45-11:15	
	Ringu Tulku "Selflessness" 11:15-11:45	Discussion-Oriented Comment 11:15-11:45		Discussion-Oriented Comment 11:15-11:45	Discussion-Oriented Comment 11:15-11:45	
	Meditation 11:45-12:00	Meditation 11:45-12:00		Meditation 11:45-12:00	Meditation 11:45-12:00	
	Lunch 12-1:00	Lunch 12-1:00		Lunch 12-1:00 (Silent)	Lunch 12-1:00	
	Free time 1:00-1:30	Free time 1:00-1:30	Free Time 1:00-1:30 (Silent)	Free time 1:00-1:30	Free time 1:00-1:30	Final Departure 1:00-2:00
Arrival and Registration 2:00 - 6:00 PM	Will Cunningham "Self/No Self" 1:30-2:15	Tim Straumann "Self Regulation" 1:30-2:15	Meditation 1:30-3:45	Ed Watkins "Mental Causation & Agency" 1:30-2:15	David Creswell "Self-Development" 1:30-2:15	
	Pernie Ruby Dorothee Legrand "Self/No Self" 2:15-3:00	Richie Davidson "Self Regulation" 2:15-3:00		Kalina Christoff "Mental Causation & Agency" 2:15-3:00	Sherryl Goodman "Self-Development" 2:15-3:00	
	Break 3:00-3:15	Break 3:00-3:15		Break 3:00-3:15	Break 3:00-3:15	
	Questions from Audience 3:15-3:45	Questions from Audience 3:15-3:45	Questions from Audience 3:15-3:45	Questions from Audience 3:15-3:45		
	Discussion-Oriented Comment 3:45-4:15	Discussion-Oriented Comment 3:45-4:15	Outdoor Walking 3:45-4:15	Discussion-Oriented Comment 3:45-4:15	Discussion-Oriented Comment 3:45-4:15	
	Free Time Optional Break-Out Group 4:15-6:00	Free Time Optional Break-Out Group 4:15-6:00	Free time 4:15-6:00 (silent)	Free Time Optional Break-Out Group 4:15-6:00	Free Time Optional Break-Out Group 4:15-6:00	
Dinner 6-7	Dinner 6-7	Dinner 6-7	Dinner 6-7	Dinner 6-7	Dinner 6-7	
Break 7:00-7:30	Varela Award Presentations 3 x 15min talks 5 min Q&A for each 7:00-8:00	Data Blitz 7:00-7:30	Meditation and/or Presentation 7:00-9:30	Data Blitz 7:00-7:30	The Francisco J. Varela Research Grant Program 7:00-7:15	
Opening Session 7:30-8:00	Break 8:00-8:15	Poster Session 7:30-9:30		Poster Session 7:30-9:30	Contemplative Arts Performance 7:15-9:30	
Choice of attending: 1. "Monte Grande" Movie 2. Intro Basic NeuroSci 3. Intro to Buddhism 8:00-9:30	Varela Award Presentations 3 x 15min talks 5 min Q&A for each 8:15-9:15			Poster Session 7:30-9:30	Contemplative Arts Performance 7:15-9:30	
Meditation 9:30-10:00	Meditation 9:30-10:00	Meditation 9:30-10:00		Meditation 9:30-10:00	Meditation 9:30-10:00	
Silence through morning meditation 10:00pm - 8:00am	Silence through morning meditation 10:00pm - 8:00am	Silence through morning meditation 10:00pm - 8:00am	Silence through morning meditation 10:00pm - 8:00am	Silence through morning meditation 10:00pm - 8:00am	Silence through morning meditation 10:00pm - 8:00am	