

## Envisioning the Future of the Field of Contemplative Research

Monday, October 28 - Thursday, October 31, 2024

The schedule is designed for open and deep conversation among those gathered within a structured container. This is how we envision the week — and we'll adapt as we go.

### Monday, October 28, 2024

**2:00 pm - Event Close** | Registration + Info Table | Westfields Lounge

*The registration & info table will be kept up from Wednesday afternoon until Friday morning. While not always staffed, this is a community table where you can leave messages for each other or for the organizers. Please check the table regularly for updates or for personal messages.*

**4:00 pm - 6:30 pm** | Opening Session + Reception | Sunset Terrace, 1st Floor Outside\*

*Welcome! We'll begin with opening remarks by Suzanne Bond and setting intentions for the days ahead. Guided by an opening prayer from Yuria Celidwen and meditation from Thupten Jinpa, we'll meet each other as individuals and as a collective.*

\*note that this event is held outside. Please dress appropriately. Inclement weather location: Lower Rotunda

**6:30 pm - 8:30 pm** | Dinner | West Lobby

**8:30 pm** | Post Dinner Coffee & Tea | Westfields Lounge

### Tuesday, October 29, 2024

**7:30 am - 8:15 am** | Breakfast | Fairfax Dining Room

**8:30 am - 8:50 am** | Morning Meditation with Pir Zia Inayat Khan | Fairfax East

**9:00 am - 10:00 am** | Morning Session | Fairfax Center

*On Day 2, we'll start with a welcome, then move into co-creation of Community Agreements to support our dialogues with Eve Ekman and Sará King.*

**10:00 am - 10:15 am** | Break

**10:15 am - 12:15 pm** | Morning Session continued | Fairfax Center

*In small group conversations, we'll reflect on the past, present and future of the community's shared work, elevating impactful developments of the past, emerging areas in the present, and visions of how we might best meet the needs of our future.*

**12:15 pm - 1:30 pm** | Lunch + Break | Fairfax Dining Room

**1:30 pm - 3:20 pm** | Afternoon Session | Fairfax Center



*We'll open with a meditation led by Erin McCarthy, then move into topic-specific discussions. This session will focus on a list of curated topics; you'll choose which subject to explore with others in a small group.*

**3:20 pm - 3:50 pm** | Break

**3:50 pm - 5:30 pm** | Afternoon Session | Fairfax Center

*Those who want to continue in small-group discussions will again choose which topics to explore, including new topics raised by participants. As we near the end of the day, we'll have wine and other beverages for this optional session, reconvening after small groups as a whole to close and celebrate the day's efforts.*

**5:30 pm - 6:30 pm** | Break

**6:30 pm** | Dinner | Fairfax Dining Room

**8:30 pm** | Post Dinner Coffee & Tea | Westfields Lounge

### **Wednesday, October 30, 2024**

**7:30 am - 8:15 am** | Breakfast | Fairfax Dining Room

**8:30 am - 8:50 am** | Morning Meditation with Rhonda Magee | Fairfax East

**9:00 am - 10:35 am** | Morning Session | Fairfax Center

*Day 3 invites us into a balance of continued small-group explorations and silent individual reflection as we dive into key ideas from Day 2 and begin brainstorming actionable steps, sparking fresh insights for collective progress.*

**10:35 am - 11:00 am** | Break

**11:00 am - 12:15 pm** | Morning Session continued | Fairfax Center

*Topic-specific small-group discussions continue, building on insights and connections from previous sessions.*

**12:15 pm - 1:30 pm** | Lunch + Break | Fairfax Dining Room

**1:30 pm - 3:05 pm** | Afternoon Session | Fairfax Center

*In the afternoon, we'll revisit our Community Agreements, then step back to explore where the ideas generated in small-group discussions can cross-pollinate and intersect.*

**3:05 pm - 3:30 pm** | Break

**3:30 pm - 5:00 pm** | Afternoon Session | Fairfax Center

*In our final session for the day, we'll each dive into the question, 'How can I move my work forward?', supported by the insights and experience of our colleagues.*



**6:00 pm - 6:30 pm** | Casual Reception | Fairfax Dining Room

**6:30 pm** | Dinner | Fairfax Dining Room

**8:30 pm** | Post Dinner Coffee & Tea | Westfields Lounge

#### **Thursday, October 31, 2024**

**7:30 am - 8:15 am** | Breakfast | Fairfax Dining Room

**8:30 am - 8:50 am** | Morning Meditation | Fairfax East

**9:00 am - 10:00 am** | Morning Session | Fairfax Center

*On the final day, we will reflect on the insights gained throughout the week, with time for sharing and celebration. We'll conclude with closing remarks, honoring the journey we've taken together and setting intentions for the path ahead.*

**10:00 am - 10:30 am** | Break

**10:30 am - 11:45 am** | Morning Session continued | Fairfax Center

*On the final day, we will reflect on the insights gained throughout the week, with time for sharing and celebration. We'll conclude with closing remarks, honoring the journey we've taken together and setting intentions for the path ahead.*

**12:00 pm - 1:00 pm** | Box Lunch | Fairfax Dining Room

#### **Program Planning Committee**

**Doris Chang**

**Amishi Jha**

**Bobbi Patterson**

**Ed Taylor**

#### **Coordination Committee**

**Richie Davidson**

**Rob Roeser**

**Ed Taylor**

#### **Mind & Life Staff at *Envisioning the Future of the Field of Contemplative Research***

**Suzanne Bond**, *President*

**Emily Brew**, *Perennial Strategy*

**Shankari Goldstein**, *Program Manager*

**Bob Guterman**, *Point86 Consulting*

**Wendy Hasenkamp**, *Science Director*

**Jonathan Joy-Gaba**, *Digital Media Coordinator*

**Ellen Kellner**, *Events & Logistics Manager*

**Sheila Kinkade**, *Storyteller/Content Strategist*

**KT Lynch**, *Executive Assistant*

**Matthew Silverman**, *Point86 Consulting*

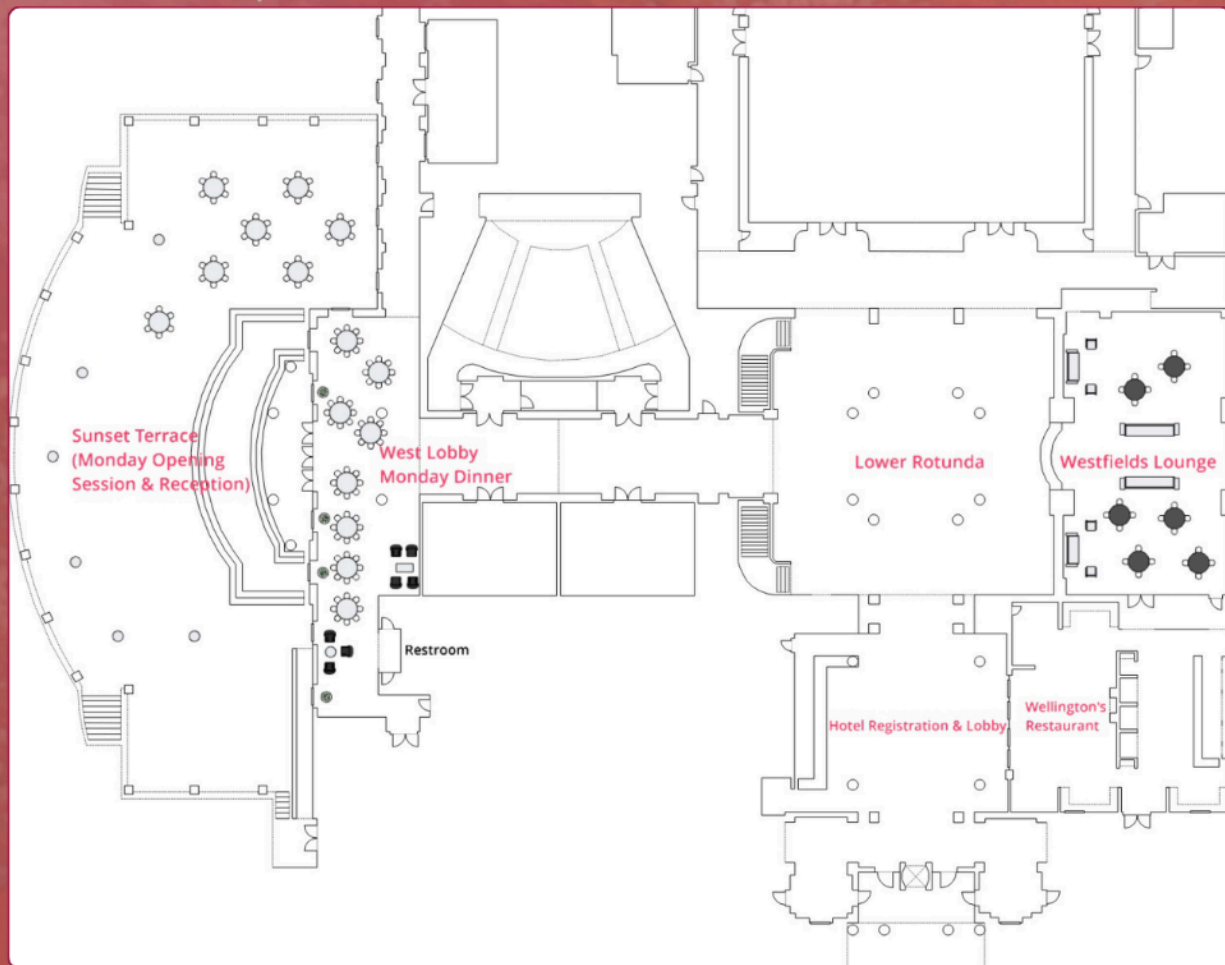
**Rosalyn Stagg**, *Director of Advancement*

**Krista Weih**, *Director of Grants & Events*

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## 1st Floor | Westfields Marriott



## 2nd Floor | Westfields Marriott

