

# **Preliminary Programme of the online CMC Contemplative Spring Institute 2021**

## **Mindfulness, Wisdom and Compassion: Contemplative, Neuroscientific and Clinical Investigations**

**April 29 – May 2, 2021**

Time in CEST (Central Europe Summer Time); e.g., +6 hours US Eastern time; +1 hour UK time;  
-3.5 hours Delhi time

### **Thursday April 29**

**9:00 – 10:00.** Welcome and Introduction

**10:00 – 10:30.** Meditation (guided by Ven. Ajahn Amaro)

**10:30 – 10:45.** Coffee/tea break

**10:45 – 11:45.** Keynote Lecture (contemplative focus) – *Ven. Ajahn Amaro*

**11:45 – 12:15.** Neuroscientific insights with Theravada Buddhist monks – *Prof. Antonino Raffone*

**12:15 – 13:00.** Discussion

**13:00 – 14:00.** Long break (e.g. for lunch)

**14:00 – 14:30.** Talk: On bridging Buddhist and neuroscientific views of meditation – *Prof. Peter Malinowski*

**14:30 – 15:00.** Talk: *Prof. Giuseppe Pagnoni*

**15:00 – 15:30.** Discussion

**15:30 – 16:00.** Coffee/tea break

**16:00 – 16:30.** Thematic group discussions

**16:30 – 17:30.** Thematic plenary discussion

**17:30 – 18:00.** Meditation (guided by Master Mario Thanavaro)

## **Friday April 30**

**9:00 – 9:30.** Meditation (guided by Ven. Dario Doshin Girolami)

**9:30 – 10:30.** Keynote lecture (clinical focus) Mindfulness based psychological interventions: Effective for mental and physical health? – *Prof. Ivan Nyklicek*

**10:30 – 11:00.** Discussion

**11:00 – 11:15.** Coffee/tea break

**11:15 – 11:45.** Talk: *Dr. Mirjam Hartkamp*

**11:45 – 12:15.** Thematic group discussions

**12:15 – 13:00.** Thematic plenary discussion

**13:00 – 14:00.** Long break (e.g. for lunch)

**14:00 – 14:30.** Talk: Buddhist Chaplaincy: a compassionate response to suffering - *Ven. Dario Doshin Girolami*

**14:30 – 15:00.** Talk: The peaceful dispelling of enchantment - *Prof. Henk Barendregt*

**15:00 – 15:30.** Discussion

**15:30 – 16:00.** Coffee/tea break

**16:00 – 16:30.** Thematic group discussions

**16:30 – 17:30.** Thematic plenary discussion

**17:30 – 18:00.** Meditation (guided by Prof. Henk Barendregt)

## **Saturday May 1st**

**9:00 – 9:30.** Meditation (guided by Master Mario Thanavaro)

**9:30 – 10:30.** Keynote lecture (philosophical focus) – *Prof. Riccardo Manzotti*

**10:30 – 11:00.** Discussion

**11:00 – 11:15.** Coffee/tea break

**11:15 – 11:45.** Talk: *Prof. Anand Singh*

**11:45 – 12:15.** Thematic group discussions

**12:15 – 13:00.** Thematic plenary discussion

**13:00 – 14:00.** Long break (e.g. for lunch)

**14:00 – 14:30.** Talk: Mindfulness as a way to liberation - *Master Mario Thanavaro*

**14:30 – 15:00.** Thematic group discussions

**15:00 – 15:30.** Thematic plenary discussion

**15:30 – 16:00.** Coffee/tea break

**16:00 – 17:30.** Closing panel and plenary discussion

**17:30 – 18:00.** Meditation (guided by Dr. Mirjam Hartkamp)

## **Sunday May 2**

8:00 – 9:00. Sitting Meditation - Ven. Ajahn Amaro

9:00 – 9:30. Walking Meditation - Ven. Ajahn Amaro

9:30 – 10:00. Break

10:00 – 11:00. Dhamma talk – Ven. Ajahn Amaro

11:00 – 11:30. Questions and Answers

11:30 – 11:45. Break

11:45 – 12:30. Sitting meditation – Ven. Dario Doshin Girolami

12:30 – 12:45. Walking meditation – Ven. Dario Doshin Girolami

12:45 – 13:30. Dharma talk – Ven. Dario Doshin Girolami

13:30 – 14:30. Long break (e.g. for lunch)

14:30 – 15:15. Sitting meditation – Prof. Henk Barendregt

15:15 – 15:45. Walking meditation – Prof. Henk Barendregt

15:45 – 16:00. Break

16:00 – 16:45. Dhamma talk – Prof. Henk Barendregt

16:45 – 17:00. Questions and Answers

17:00 – 17:15. Break

17:15 – 18:00. Dharma talk – Prof. Peter Malinowski

18:00 – 18:30. Sitting meditation – Prof. Peter Malinowski

18:30 – 18:45. Questions and Answers

18:45 – 19:00. Closure