

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): Mindfulness and ethics – *Ven. Ajahn Amaro*

11:45 – 12:15. Talk: 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: The act of inaction - *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: Self or no self - *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: Mindfulness in Buddhism: examining Historical Tradition - *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: (Contemplative focus) - 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. Walking meditation – Prof. Henk Barendregt

15:15 – 15:45. Sitting 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