MINDFULNESS SHOWCASE  
TUES FEB 10, 10-5  
GUMWOOD ROOM, ERB MEMORIAL UNION  
All events free and open to the public

10 -10:45 a.m.  MINDFUL YOGA  
Kathryn Thier (School of Journalism and Communication, UO)  
The goal of yoga practice is to develop “discriminative knowledge,” or discernment, according to the Yoga Sutras, a foundational yogic text. Yet much of the yoga taught in the West focuses solely on physical yoga postures and their fitness benefits. A more holistic physical practice that builds self-awareness by incorporating breath work, contemplative moments and sound can help train practitioners to sharpen their capacity for discernment both on and off the mat. Learn how to practice asana more mindfully in this 45-minute yoga class open to all. (Thier is a certified yoga instructor with additional training in yoga therapy from the founder of Subtle Yoga.)  
No experience necessary. A small number of mats are available; please bring a mat if you can. Chairs will be provided for those who wish to practice in a chair.

11-11:45 a.m.  MINDFULNESS AND EMOTIONAL WELL-BEING  
Tyan Taubner (Accessible Education, UO)  
The practice of mindfulness is a powerful and practical way to enhance emotional well-being. Regions of the human brain evolved to respond to threat in a manner that is poorly matched with modern day challenges. This session offers a brief look at the basic architecture and function of the human brain and how through mindfulness we can begin to activate neural networks that cultivate well-being.

12-12:45 p.m.  MINDFULNESS SITTING GROUP  
Robin Hertz (Psychology, UO)  
This workshop will include instruction and practice in a sampling of mindfulness meditation techniques that can help you learn to connect with your direct experience and "surf the waves" of your mind. Practices will include seated meditation, walking meditation, and body scan. Meditators of all backgrounds and experience levels are welcome.
This presentation offers an introduction to Mindfulness-Based Cognitive Therapy (MBCT), an 8-week program developed to prevent depression using a combination of cognitive therapy principles and meditative practices. In particular, the program helps participants learn to “decenter” from depressive thought spirals and take care of themselves in a way that fosters resilience in the face of stress. Research that illuminates the ways in which mindfulness training builds healthier responses to stress will be discussed. Finally, we will engage in a mindfulness practice together, and information about how to access MBCT resources on campus will be offered.

Mindfulness training has been an emerging part of K-12 education for a decade now, with high profile curricula like “MindUp” and “.b” gaining traction in North America and the UK. Higher education has been slower to integrate innovations, although a variety of measures indicate that problems with distraction, lack of emotional resilience and self-regulation are similarly on the rise in college populations. In our workshop we will explore the complexities and controversies of introducing mindfulness training into higher ed pedagogy, and will have time to sample several simple practices and assignments that might productively be brought into a university classroom.

The goal of this workshop is to bring together members of the UO community who are already studying mindfulness, as well as welcoming those who are interested in research in this area. We will discuss ongoing projects and future ideas, and hopefully develop new opportunities and collaborations.

Studies show that mindfulness-based interventions may promote resilience and reduce the emotional exhaustion in teachers and students that can occur in a school setting. This is particularly important in elementary schools, where major brain development and growth in children occurs. The practice of mindfulness has also been associated with the development of empathetic response in children. It can enhance self-regulatory processes that buffer against psychological distress and promote general well-being and compassion for self and others.