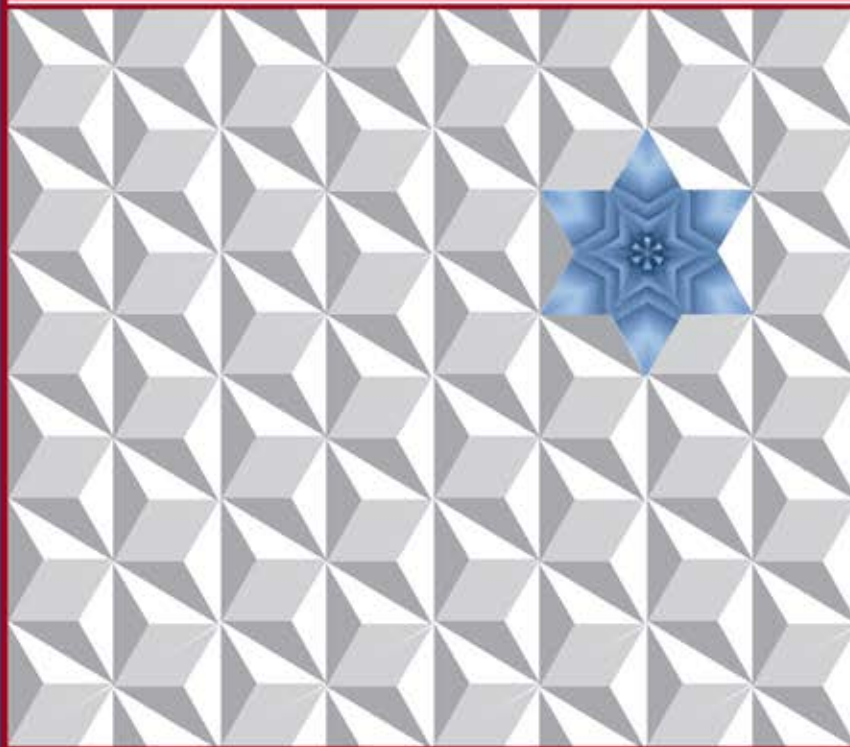




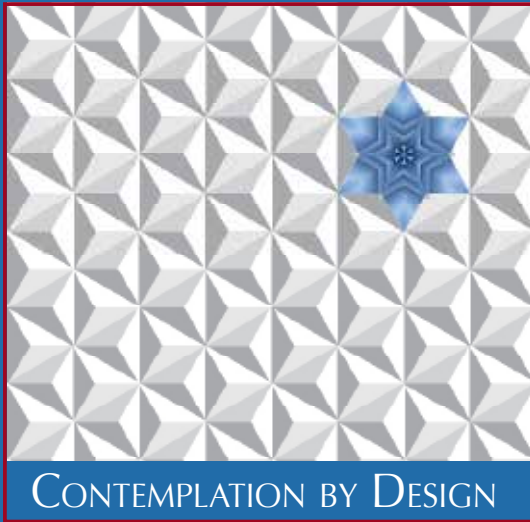
*PLEASE JOIN US FOR A SERIES
OF SPECIAL STANFORD EVENTS CELEBRATING*
CONTEMPLATION: THE POWER OF THE PAUSE

CONTEMPLATION BY DESIGN



THE POWER OF THE PAUSE

NOVEMBER 3 - 7, 2014



CONTEMPLATION BY DESIGN (CBD) IS A CAMPUS-WIDE COLLABORATION INVITING THE STANFORD COMMUNITY TO ENJOY THE POWER OF THE PAUSE FOR THE PURPOSE OF RE-ESTABLISHING BALANCE, TRANQUILITY, COMPASSION, AND ENERGY TO SUPPORT OUR CREATIVE EXCELLENCE.

PLEASE JOIN US **NOVEMBER 3 - 7** FOR A WEEK OF **FREE CBD** EVENTS OFFERING RESEARCH ON THE NEUROSCIENCE OF CONTEMPLATION, SKILL-BUILDING OPPORTUNITIES AND REFRESHING EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS.

PLEASE REGISTER FOR THESE EVENTS AT <http://hip.stanford.edu>.

MONDAY CBD EVENTS (NOV. 3RD)



CBD: Contemplation: The Power of the Pause - Calm, Compassionate Competence (CBDM-01)

Sponsored by: BeWell and HIP

Experience renewal, peace of mind and well-being by pausing to quiet the thinking mind, engage the senses, relax and replenish. This workshop will explore the fundamental role of the contemplative pause in creating a life of sustained excellence, joy, compassion, wisdom and health — a life lived fully. Learn practical skills as well as the scientific evidence that supports the value of enjoying a daily contemplative pause.



Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, has been integrating mindfulness, compassion and meditation into stress management programs at the university and medical center since 1984. The Contemplation by Design (CBD) program is the continuation of her dedication to the resilience and well-being of the Stanford community. Dr. Rich did her dissertation on stress and resilience among 1,000 Stanford employees. She applied the research findings by creating a skill-building course called C.A.R.E.S.™, which focuses on Compassion, Awareness and Relationship skills to Ease Stress, offered regularly through HIP. Tia is a psychotherapist and mindful yoga and meditation instructor.

Important BeWell Berry information: please note you have a choice between 2 berries for this event. For a "Stress" Berry register at <http://hip.stanford.edu>. For a BeWell "Stress Workshop" Berry, register at <https://bewell.stanford.edu>.

Date: Monday, 11-3-2014 Time: 12:05-1:00pm

Location: Li Ka Shing, Room 130



CBD: Mindfulness and Design Thinking (CBDM-02)

Sponsored by: The d.school and HIP

This panel discussion will illuminate how design thinking relates to and incorporates mindfulness and contemplation. The panel will include Professor Bill Burnett from the d.school (Institute of Design at Stanford), a professional who integrates design thinking and mindfulness/contemplation in their professional work, and a mindfulness teacher.



Date: Monday, 11-3-2014 Time: 5:15-6:30pm

Location: Institute of Design, d.school Atrium



CBD: Contemplation Breaks For Stanford Students (CBDM-03)

Sponsored by: Office of Student Affairs: Residential Education, CAPS, PHEs

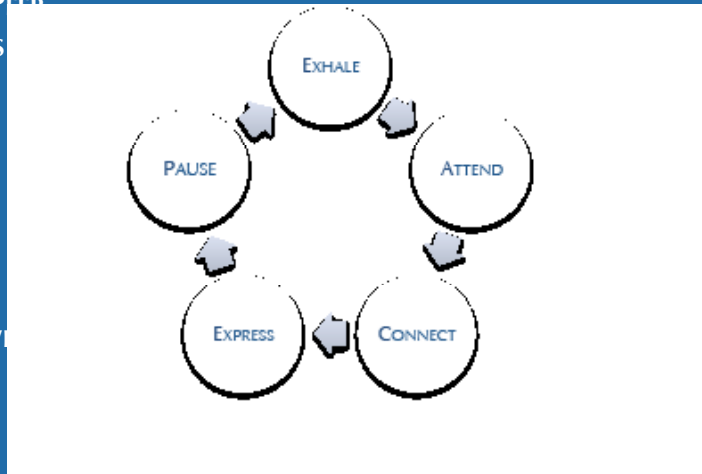
(For students only) Students are invited to gather in the common room of their residence to enjoy a guided contemplation break facilitated by their Resident Assistants and CAPS staff or IThrive peer health educators.

Date: Monday, 11-3-2014 Time: 9:00-10:00pm

Location: Residence Halls

CBD COLLABORATORS INCLUDE BeWELL, THE HEALTH IMPROVEMENT PROGRAM (HIP), THE D.SCHOOL, THE HELP CENTER, VADEN PEER HEALTH EDUCATORS (PHEs), CAPS, THE OFFICE FOR RELIGIOUS LIFE (ORL), OFFICE OF STUDENT AFFAIRS, THE STANFORD ARTS INSTITUTE, STANFORD LIVE, AND THE WORKLIFE OFFICE.

EACH EVENT IS DESIGNED TO BRING THE STANFORD COMMUNITY TOGETHER IN RECOGNIZING THE IMPORTANCE OF QUIETING THE THINKING MIND AND REFRESHING ONESELF THROUGH QUIET CONTEMPLATION. CBD EVENTS ARE PLANNED IN CONJUNCTION WITH THE OPENING OF THE NEW WINDHOVER CONTEMPLATIVE CENTER.



TUESDAY CBD EVENTS (NOV. 4TH)

CBD: Labyrinth Walk (CBDT-01a/CBDT-01b/CBDT-01c)

Sponsored by: Windhover, ORL and HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Come join us at the beautiful new granite labyrinth at the Windhover contemplative center. Discover how truly liberated your mind and spirit can be! The looping, spiraling walking path to a rosette at the center is based on the 12th-century stone labyrinth installed in the floor of the Cathedral of Notre Dame in Chartres, France. Staff from ORL and HIP will be present to welcome you to the labyrinth and offer you guidance.

Date: Tuesday, 11-4-2014

Time options (Please register for ONE of the following):

~10:00-10:20am (CBDT-01a)

~10:20-10:40am (CBDT-01b)

~10:40-11:00am (CBDT-01c)

Location: Windhover contemplative center



CBD: Contemplative Wisdom (CBDT-02)

Sponsored by: ORL

Join us for an enriching conversation on how contemplative wisdom and practices can sustain and deepen our lives. Perspectives from a variety of spiritual and religious traditions will be offered.



Presented and led by The Very Rev. Dr. Jane Shaw, Dean for Religious Life at Stanford. Dean Jane Shaw was recently appointed by Provost John Etchemendy as Dean for Religious Life and Professor of Religious Studies. She previously served as the Dean of Grace Cathedral in San Francisco. Dean Shaw is a historian and theologian and also a visiting scholar at Stanford's Center for Advanced Study in the Behavioral Sciences. She previously taught at the University of Oxford.

Date: Tuesday, 11-4-2014 Time: 12:00-1:00pm

Location: Old Union, Circle Sanctuary, 3rd Floor



CBD: Labyrinth Walk (CBDT-03a/CBDT-03b/CBDT-03c)

Sponsored by: Windhover, ORL and HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Come join us at the beautiful new granite labyrinth at the Windhover contemplative center. Discover how truly liberated your mind and spirit can be! The looping, spiraling walking path to a rosette at the center is based on the 12th-century stone labyrinth installed in the floor of the Cathedral of Notre Dame in Chartres, France. Staff from ORL and HIP will be present to welcome you to the labyrinth and offer you guidance.

Date: Tuesday, 11-4-2014

Time options (Please register for ONE of the following):

~4:00-4:20pm (CBDT-03a)

~4:20-4:40pm (CBDT-03b)

~4:40-5:00pm (CBDT-03c)

Location: Windhover contemplative center



CBD: Happiness (CBDT-04)

Sponsored by: IThrive

How can we awaken joy and fulfillment in our daily lives? In this session, learn skillful research-based practices that enable us to experience deep and sustainable happiness, resilience, and compassion for self and others.



Carole Pertofsky, M.Ed., is Director of Wellness and Health Promotion Services at Vaden Health Center, Stanford University, where she teaches positive psychology and wellness courses. Carole is a national speaker and consultant, seminar leader, and wellness and leadership coach.

Date: Tuesday, 11-4-2014 Time: 5:30-6:30pm

Location: Clark Center Auditorium



CBD: Labyrinth Walk (CBDT-05a/ CBDT-05b/ CBDT-05c)

Sponsored by: Windhover, ORL and HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Come join us at the beautiful new granite labyrinth at the Windhover contemplative center. Discover how truly liberated your mind and spirit can be! The looping, spiraling walking path to a rosette at the center is based on the 12th-century stone labyrinth installed in the floor of the Cathedral of Notre Dame in Chartres, France. Staff from ORL and HIP will be present to welcome you to the labyrinth and offer you guidance.

Date: Tuesday, 11-4-2014

Time options (Please register for ONE of the following):

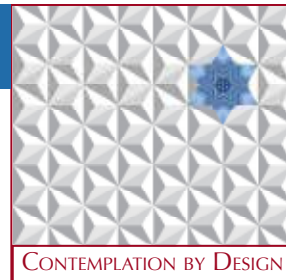
~9:00-9:20pm (CBDT-05a)

~9:20-9:40pm (CBDT-05b)

~9:40-10:00pm (CBDT-05c)

Location: Windhover contemplative center





CBD: Integrating Our Work and Life Aspirations (CBDW-01)

Sponsored by: WorkLife Office and HIP

This class will discuss the new challenges of integrating our 24/7 work demands with the rest of our lives. Questions will be asked to help you determine and establish your life and work goals, and pointers will be given to help you create a more meaningful and enriching work life. This informative session will also address intentional choices, purposeful decision making, and accepting what life is in the current moment. There will be plenty of time for discussion.



Phyllis Stewart Pires; Senior Director of WorkLife Strategy. Phyllis is responsible for designing and managing programs and services that support the Stanford community in navigating the competing demands of work, study, personal and family lives. She also leads Stanford's Voice and Influence Circles Pilot Program. Phyllis brings a personal passion for ensuring the work environment addresses the changing needs of today's workforce and families. She is part of a dual-career couple and has three busy children ages 9, 16 and 19 years.

Date: Wednesday, 11-5-2014 Time: 12:00-10:00pm

Location: Building 300, Main Quad, Rm 300



CBD: Walking Meditation and Contemplation of Memorial Church Inscriptions (CBDW-02)

Sponsored by: Memorial Church, ORL and HIP

Join us in the awe-inspiring tranquility of Memorial Church for a walking meditation. The event will be centered on the sandstone inscriptions carved in the interior walls of this beautiful, sacred space. Assembled by Jane Stanford, these inscriptions represent a collection of instructive and inspirational quotes to nourish the soul and spirit .



Facilitated by The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices such as Compline, an evening candlelit service of chanted song and the Labyrinth, an ancient guide for walking meditation and centering, to the Stanford and local community.



Date: Wednesday, 11-5-2014 Time: 5:00-6:00pm

Location: Memorial Church

CBD: Om Under the Dome (yoga) (CBDW-03)

Sponsored by: Memorial Church, ORL and HIP

Rejuvenate the body, mind and spirit as we perform sacred gestures in the sacred space of Memorial Church on a sacred piece of geometry, the labyrinth. The space and light this architecture offers to visitors is awe inspiring and memorable. Please BRING YOUR YOGA MAT.

This event will be led by yoga instructor Rebecca Snowball.



Date: Wednesday, 11-5-2014 Time: 8:00-9:00pm

Location: Memorial Church

CBD: Contemplation Breaks For Stanford Students (CBDW-04)

Sponsored by: Office of Student Affairs: Residential Education, CAPS, IThrive, and PHEs

(For students only) Students are invited to gather in the common room of their residence to enjoy a guided contemplation break facilitated by their Resident Assistants and CAPS staff or IThrive peer health educators.

Date: Wednesday, 11-5-2014 Time: 9:00-10:00pm

Location: Residence Halls



THURSDAY CBD EVENTS (NOV. 6TH)



CBD: Contemplative Concert at Bing (CBDTH-01)

Sponsored by: Stanford Arts Institute, Stanford Live, HIP and BeWell

Stanford Talisman Singers, Stanford Taiko and other Stanford musicians will share the joy and vitality of music, and the contemplative pause it offers us. Enjoy this very special noon hour "quarter rest".



Date: Thursday, 11-6-2014

Time: 12:00-1:00pm

Location: Bing Concert Hall



CBD: Contemplation, Breaks, Vacation (CBDTH-02)

Sponsored by: the HELP Center

Taking breaks from work can feel impossible, and it's easy to think that it's more trouble than it's worth to have emails and work pile up while you are away. But, in fact, research supports that taking breaks from work and really 'getting away' improves mood and helps people come back refreshed, recharged and with new ideas.



Rosan Gomperts is the Director of the Faculty Staff Help Center at Stanford University. Rosan has been working with faculty and staff and their families at the Help Center for 19 years. She tries to practice what she preaches about not letting too much vacation time accrue.

Date: Thursday, 11-6-2014 Time: 5:00-6:00pm

Location: Alway Bldg. M106

CBD: Labyrinth Walk (CBDTH-03a/ CBDTH-03b/ CBDTH-03c)

Sponsored by: Memorial Church, ORL and HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration.

As twilight deepens into evening, experience the serenity of walking the labyrinth in the candle-lit, sacred ambiance of Memorial Church. Enjoy peaceful and meditative music as you walk solo or with others on the labyrinth. It may be just the path you need to follow after a day of work, classes or the rhythm of daily life. Trained labyrinth facilitators (from ORL and HIP) will be available to assist and enhance your labyrinth experience.

Date: Thursday, 11-6-2014

Time options (Please register for ONE of the following):

~7:00-7:20pm (CBDTH-03a)

~7:20-7:40pm (CBDTH-03b)

~7:40-8:00pm (CBDTH-03c)

Location: Memorial Church



FRIDAY CBD EVENT (NOV. 7TH)

CBD: Carillon Concert and Quiet Contemplation (CBDF-01)

Sponsored by: BeWell

REGISTRATION IS WELCOME AND APPRECIATED, YET NOT REQUIRED, FOR PARTICIPATION. The Hoover carillon bells will ring to signal the university's commitment to emotional well-being. All members of the Stanford community are encouraged to pause, reflect and take time to unwind. You are invited to gather in Dohrmann Grove and/or the Oval Ear to share the concert and contemplative pause together as a community. You may also enjoy the experience by pausing wherever you are on or off campus.

Beginning at 11:30am in Dohrmann Grove and the Oval Ear there will be space to enjoy tai chi, gentle stretching, and simple relaxation. At noon, we invite you to sit back and enjoy the 20 minute carillon concert, which will then be followed by a 20 minute period of quiet contemplation. For people who are not on the main campus, the Carillon concert will be broadcast live on KZSU radio at 90.1FM and also streamed online at kzsu.stanford.edu. Tune in from 11:45am-12:45pm for the full program.

Date: Friday, 11-7-2014 Time: 11:30-12:45pm

Location: Oval Ear and Dohrman Grove

HOOPER TOWER
CARILLON CONCERT

QUIET
CONTEMPLATION
AND
MUSIC

November 7, 2014 ★ 11:30AM - 12:45PM

11:30
RELAX, TAI CHI OR
GENTLE STRETCHING
12:00
CARILLON CONCERT
12:20
QUIET CONTEMPLATION
12:40
CLOSURE

GATHERING IN DOHRMANN GROVE & THE OVAL EAR
Bring a Mat or Beach Towel to Sit or Recline
Optional Gentle Stretching or TaiChi

Unwind and Thrive
 **BeWell.Stanford.edu**