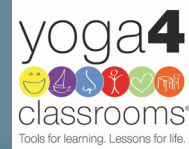


Mindfulness in Society

Presented by NHTI, Concord's Community College in partnership with . . .

Saturday, September 8th, 8:00 am – 5:00 pm

NHTI Campus, Concord, NH



8:00-9:00 **Registration/Continental Breakfast
Mindful Movement with Lisa Flynn,
Yoga 4 Classrooms**

9:00-9:30 **Keynote Address**
Congressman Tim Ryan (D-OH)

9:45-10:45 **Workshops I**
1. Charlie Hartwell
2. Margaret Fletcher, Center for
Mindfulness at UMass Medical School

11:00-12:00 **Workshops II**
3. Sharon Salzberg
4. Richard Brady

12:00-1:00 **Lunch**
**Mindful Movement with Lisa Flynn,
Yoga 4 Classrooms**

1:00-2:00 **Workshops I (repeat)**

2:15-3:15 **Workshops II (repeat)**

3:30-4:45 **Panel Discussion/Q&A**

4:45-5:00 **Closing Remarks**
Dan Huston, Professor of English &
Communication, NHTI

Workshop Topics:

Explore how mindfulness in society can be used in meditation, politics, education, and business. Mindfulness helps people succeed academically and professionally, thrive at a personal level, live satisfying lives, and connect with themselves and others. Practicing mindfulness can reduce hate, resentment, and misunderstanding, as well as increase compassion, understanding, and cooperation.

**\$79 registration includes:
continental breakfast and lunch**

(Registration \$109 after August 1st)

Discount hotel rooms available.

Handicapped accessible.

**More Information and online registration:
www.nhti.edu/mindfulness-society**

President's Circle Sponsors



Congressman Tim Ryan

received his law degree from the UNH School of Law and has served in the U.S. House of Representatives since 2002. Tim is a dynamic leader known for challenging both parties to rebuild the middle class. He is a champion of efforts to make college more affordable, revitalize America's cities and

improve the health and well-being of American families and children. He is the author of *A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit*.

Sharon Salzberg is a central figure in the field of meditation, a world-renowned teacher and *NY Times* bestselling author. She is the co-founder of the Insight Meditation Society in Barre, MA and the author of ten books including her seminal work, *Lovingkindness*. Acclaimed for her humorous, down-to-earth teaching style, Sharon offers a secular, modern approach to Buddhist teachings, making them instantly accessible.



Charlie Hartwell is a change agent who shepherds ideas, resources and talent to drive global sustainable growth. A Harvard Business School graduate, Charlie has served in leadership roles in 14 different industries. For the past seven years, he has served as the Operating Partner for the Bridge Builders Collaborative, a group of investors and businesspeople who have come together to invest in the Mind Training space.

Richard Brady is a retreat leader, writer, conference coordinator, and educational consultant. He is a board member and a founder of the Mindfulness in Education Network, an international organization with 1,700 participants. In 2001, he was recognized by Thich Nhat Hanh as a teacher in his tradition with a special focus on cultivating mindfulness in young people.



Registration Form

Mindfulness in Society **Saturday, September 8th, 8:00 am – 5:00 pm** **NHTI Campus, Concord, NH**

Early Bird Savings! Register now for **only \$79.**

After August 1st, registration is \$109.

Registration includes conference, continental breakfast and lunch.

Name: _____ \$ _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Name: _____ \$ _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Name: _____ \$ _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

TOTAL \$ _____

Method of payment:

- Register and pay online at nhti.edu/mindfulness-society
- Invoice Me Check (Please make payable to NHTI, Concord's Community College)
- Credit Card (pick one): MasterCard VISA Discover

Please note: Effective 5/1/18 a 2.75% processing fee will be assessed for all credit/debit card payments. We do not accept American Express.

Number: _____ CVV Code: _____ Expiration: _____

Signature: _____

Questions? Please contact Amy Proctor at (603) 230-4001 or aproctor@ccsnh.edu.

Please send registration forms to:

Amy Proctor, NHTI, Concord's Community College, 31 College Drive, Concord, NH, 03301