

4th Annual

Mindfulness in Society

Rebuilding for a Better Future



Presented by NHTI – Concord's Community College

This 4-part virtual speaker series invites you to explore how mindfulness can help us address challenges that have become central to our society over the last year. Personal and interpersonal insight can help build communities that foster connection, opportunity, health, and fulfillment.



Oct. 4 Vaishali Mamgain

Coming into Alignment: Visioning a Humane Post Pandemic World

We are acknowledging that “reality” as we knew it is different. But tapping into that and not sliding into what we consider “normal” requires us to pause and reflect on what that “normal” was, whether it was humane and just, and what changes we might affect to build a better future.



Oct. 11 Sara Flitner and Scott Rogers

The Role of Mindfulness in Transforming Communities

Learn how to strengthen community health by increasing focus, compassion, and critical thinking in major community sectors: nonprofit, civic, education, healthcare, business, law enforcement, arts, and emergency response.



Oct. 18 Jamie Bristow

Mindfulness: Meeting the Existential Challenges of the 21st Century

Mindfulness helps us reclaim and reorient attention towards what matters, reflect more wisely, and act from a place of collective purpose. In this session, we will explore a three-fold model for understanding how mindfulness supports human agency, our ability to act intentionally.



Oct. 25 Norman Farb

Befriending Breath: The Subtle Neuroscience of Breath Awareness

Breath monitoring is a foundational practice in contemplative traditions and secular adaptations such as modern mindfulness training, yoga, and progressive muscle relaxation. Why is monitoring the breath, an omnipresent body signal, so challenging and potentially transformative?

Each session runs from 5-6:30 p.m.

Cost: \$15 per session; \$50 for the full series

Sign up at [NHTI.edu/mindfulness](https://nhti.edu/mindfulness)

All money raised will support NHTI students through the NHTI Lynx Pantry, and NHTI Cares emergency fund.

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