



Tail of the Tiger



INTEGRATING THE WISDOM OF MINDFULNESS MEDITATION INTO WORK, ORGANIZATIONS, AND EVERYDAY LIFE

The Applied Mindfulness Conference 2009

Presented by Tail of the Tiger at Karmê Chöling Shambhala Meditation Center, Barnet, Vermont, July 23 – 26, 2009

This unique conference will provide a forum for mindfulness meditation practitioners to interact with others extending mindfulness and contemplative disciplines into workplaces, professional conferences, therapeutic and social service sectors, and healthcare settings. This conference will offer periods of meditation practice, seminars on timely topics in applying mindfulness, group contemplations, and three keynote presentations (see below).

The conference also offers breakout groups for sharing inspiration, useful information and skillful means for extending the teachings of mindfulness into the wider world, including ways of presenting mindfulness to appeal to particular audiences, marketing ideas, obtaining professional education credits, publishing opportunities, and so forth. Persons interested in presenting breakout sessions are invited to submit a proposal; [click here](#) for an on-line proposal format.

Michael Baime, MD



Mind, Neuroscience, and Mindfulness Meditation – Recent explorations into the neuroscience of meditation confirm that meditation practices result

in significant healthy changes in critically important brain areas. This presentation will highlight recent advances in the cognitive neuroscience of meditation and their implications for individuals who practice, study, and teach meditation.

Dr. Baime is director of the UPenn Stress Management Program.

Mary Campbell, RN, MSN, CNS-BC



Mindfulness, Healing, and Health Care –

This presentation will explore the various ways that mindfulness has been incorporated within health care to work with physical and psychological distress, improve quality of life and strengthen the capacity for genuine presence as the ground for relationships that promote healing and health.

Ms. Campbell is a Clinical Nurse Specialist in Psychiatric and Mental Health Nursing and Adjunct Professor of Nursing at Dalhousie University.

David Rome,



Making Wise Decisions: Engaging the Body as a Source of Deeper Insights – The contemplative discipline of Focusing™,

a bodily way of knowing, will be explored interactively as a process for improving decision-making by giving access to fresh ideas and unexpected options for action.

Mr. Rome is a Senior Fellow at Garrison Institute and was private secretary to Chögyam Trungpa Rinpoche.

Program fee: \$285 (includes meals, socials, and seminar materials; accommodations extra)

For more information, please contact Patton Hyman, Development Director of Tail of the Tiger by email, patton_hyman@tailofthetiger.org, or by telephone, 802/633-2384 ext. 153.

Register by phone at 802/633-2384 or visit www.tailofthetiger.org/mindfulnessconf_0709.html

Tail of the Tiger is a nonprofit educational organization presenting programs joining mindfulness meditation with the arts, professions, business and organizations, and other disciplines.

For Shambhala President Richard Reoch's remarks to the 2008 Applied Mindfulness Conference [CLICK HERE](#)