

2020 Dr. MLK Jr. Mindfulness Takeover

Monday January 20, 2020

Free and Open to the Public



Mindfulness Retreat: Tools to Create a Beloved Community

Facilitator: Dr. Lydia Gerber, Director, Mindfulness-Based Emotional and Social Intelligence Certificate

Co-Facilitators: Dr. Cecilia Richards, Trymaine Gaither

Time/Location: 9:30am-12:00pm | Elmina White Honors Lounge

When peer exclusion persists, it not only diminishes self-esteem, but can also diminish academic achievement and be emotionally debilitating. We all play a pivotal role in creating the safe and welcoming environment that all students deserve. Through mindfulness practices and group exercises, this retreat hopes to provide individuals with tools to create loving and welcoming environments. Lunch is provided. Come join us to learn more about the *Mindfulness-Based Emotional Social Intelligence (MESI) Certificate* in Honors.

Register for the retreat at: <https://honors.wsu.edu/mindfulness-retreat/>



Interfaith Panel: Place of Mindfulness in World Religions

Time/Location: 1:00pm-2:30pm | Elson S. Floyd Cultural Center

At this panel discussion, members of the interfaith community will discuss the place and history of mindfulness within their respective faith traditions. Panelists will include representatives from the Buddhist, Catholic, Jewish, Muslim, and Protestant faith communities



Intro to Yoga & Meditation

Facilitators: Joanne Greene

Time/Location: 2:30pm-3:30pm | Elson S. Floyd Cultural Center

Practice being present in the moment through gentle movement and breathing. Discover how we can apply Yoga principles on and off our mats to lower our stress and practice loving-kindness towards ourselves and others. Mats and chairs will be available, and a chair/mat practice will be offered.



Mindful Parenting: Raising Children in an Unjust World

Facilitators: Dr. Jeremy Rutherford and Trymaine Gaither

Time/Location: 2:30pm-3:30pm | Elson S. Floyd Cultural Center

Raising a family in our fast-paced and often unjust world is becoming increasingly difficult. During this workshop, facilitators will provide easy-to-implement practices with the goal of helping parents and children manage stress, create peace, and live happier lives.



Tools When Having Difficult Conversation around Social Justice

Facilitators: Matthew Jeffries and Trymaine Gaither

Time/Location: 4:00pm-4:45pm | Elson S. Floyd Cultural Center

Conversations around racism, injustice, and gender equality, etc. can be difficult and uncomfortable. In this workshop, we will explore how mindfulness practices can assist us when having conversations around issues of social justice.



Community Wide Mindfulness Hour

Facilitator: Cory Custer, Adjunct Professor, WSU Honors MESI Certificate; Director of Compassion, Brighton Jones

Time/Location: 5:00pm-6:00pm | Elson S. Floyd Cultural Center

The life of Dr. Martin Luther King Jr. remains a powerful example of wisdom and compassion in action. He reminds us of the dynamic synergy between the contemplative life and a life of service. In this hour of mindfulness-based emotional and social intelligence (MESI), we'll be exploring the interplay between our inner lives and our shared humanity.

