



## Immersion 2019 - UM's Life Practice Zoom Room

	Wed.	Thurs.	Fri.	Sat.	Sun.
	4/10 S H F	4/11 Feel Rest	4/12 Feel Flow	4/13 Feel Good	4/14 S H F
9:00 AM					
10:00 AM					
10:30 AM		Eduardo Zambrano - Q & A	Marilyn McLaughlin - Q & A	Madhusree Dasgupta - Q & A	Melissa Armstrong - Q & A
11:00 AM		Mindfulness in the Workplace	Bumps in the Road: Common Obstacles for New Meditators	Working with Five Flavors of Feel	Self-Compassion with UM
11:30 AM	Corporate Mindfulness				
12:00 PM		Fundamentals in French			Jenseits von MBSR (Beyond MBSR) (In German)
12:30 PM			How to Meditate with Music	Mindfulness in Education: Beyond Classroom Management	Practicing in Nature
1:00 PM			Keep Going: Pillars to Keeping Up practice		
1:30 PM					
2:00 PM					Marcy Crawford - Q & A
2:30 PM	Fred Pitt - Q & A	Campbell Miller - Q & A	Chris Trani - Q&A	Vivian Hermiz - Q & A	
3:00 PM	Mindfulness & Queerness (LGBTQIA Meetup)	Mindfulness & Creativity		Working with Anxiety & Depression	
3:30 PM					How to Stay Centered and Balanced During Challenging Situations
4:00 PM	What Is Mindfulness?	Fundamentals in Spanish		Using Your Breath	
4:30 PM	Taking Your Practice Off the Cushion: Infusing Each Moment with Mindfulness	Turning Walls into Windows: Practice Strategies	Working with Thoughts and Thinking - A Unified Mindfulness Perspective		"How do you know you like what you like?"
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM	Purple Oliver - Q&A	Steve James - Q & A	Rosalie Bostick - Q & A	Laela Aishin Leonard - Q & A	Renee Anthony Dee - Q & A
7:00 PM	Meditators in Recovery			Mindfully Pushing the Envelope: Practice Accelerators	
7:30 PM	Practicing with Trauma	Cultivating Spiritual Mindfulness		Intro to ULTRA (Universal Library of Training Attention)	
8:00 PM	How to Exercise with Mindfulness				
8:30 PM		Infusing Mindfulness into Everyday Conversations	Working with the Pain	When You Can't Sleep	
9:00 PM					
	DAILY UNPACK: Jim, Renee	DAILY UNPACK: Marcy, Susy	DAILY UNPACK: Rosalie, Nicoya	DAILY UNPACK: Marcy, Susy	