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## WorldFest 2013 World of Spirituality and Compassion Schedule of Events

### Friday, August 30

#### 2 p.m. – Spirituality in the Workplace

Representatives from Signature Healthcare will answer questions as to the efficacy of and opportunity for spirituality in the workplace, particularly in a for-profit company environment.

#### 3 p.m. – Open Table Discussion: Compassion in the Workplace

Participants will share successes, challenges and innovative ideas, as well as thoughts on what support, resources and collaboration would be most beneficial to future compassion efforts in our professional lives. This highly interactive discussion will be led by Katie Gaughan and Pamela Cotton.

#### 6 p.m. – Open Drumming Session

Professional and amateur drummers are invited to bring their drums to share rhythm and get in tune with each other and themselves. The goal is not only to entertain, but also to resonate a collective “beat” for compassion. The Mystic Hips Belly Dancers will be there to encourage dancing to the rhythm of the drums.

### Saturday, August 31

#### 10:30 a.m. – Zen Meditation

Richard Sisto, who leads the Interfaith Paths to Peace monthly noontime meditations, will demonstrate how this meditative practice helps cultivate attentiveness, clarity, stability and stillness of body and mind.

#### 2 p.m. – Tai Chi

Members of the Taoist Tai Chi Society will host two 20-minute Tai Chi sessions that will demonstrate how the meditative movements of taijiquan can reduce tension, increase flexibility and strength, and improve circulation and balance.

#### 4 p.m. – Open Table Discussion: Compassion for Animals

What does compassion for animals ask of us? Join in this discussion about animal welfare issues for domestic and wild animals.

### Sunday, September 1

#### 10:30 a.m. – Meditation: Recognizing and Trusting Your Intuition

We receive thousands of nudges via our body, mind, spirit, daily that both warn and encourage us in either pursuing or refraining from certain people and actions. How do we learn to recognize and listen to these messages? How do we know the difference between a real nudge from our intuition, or just another call of fear or vanity? Certified Yoga and Meditation Instructor Deanna O’Daniel will offer a discussion and guided meditation that will help participants become more clear in their ability to know the difference, and be able to access and use their intuition on a steady basis as your most valuable aid for happiness and success in this life.

#### 2 p.m. – Anusara Yoga

Certified Anusara Yoga Teacher Denise Stottmann will demonstrate this unique approach to hatha yoga where the spirit of the heart powerfully blends with the precision of biomechanical alignment and balanced energetic action in the performance of asanas (yoga postures).

#### 4 p.m. – Open Table Discussion: Compassion for the Environment

Andrew Kang Bartlett from Presbyterian Church U.S.A. will facilitate a conversation about environmental stewardship issues that our community of many faiths and cultures can collectively address.

#### 6 p.m. – Open Drumming Session

The beat goes on with an invitation to professional and amateur drummers to who want to share rhythm and get in tune with each other and themselves. The goal is not only to entertain, but also to resonate a collective “beat” for compassion. The Mystic Hips Belly Dancers will be there to encourage dancing to the rhythm of the drums.

### Monday, September 2

#### 10:30 a.m. – Morning Meditation

Fr. Joseph Mitchell, Executive Director of the Passionist Earth and Spirit Center, will lead this guided meditation followed by a discussion of how mindfulness meditation benefits healing and healthcare, schools, stress reduction and more.

## 2013 WorldFest “World of Spirituality and Compassion” Partners

