



embodied
POSITIVE PSYCHOLOGY
SUMMIT

May 01
through
May 04

2017

Positive Psychology is the science of human flourishing—and it's a full body experience.

wholebeinginstitute.com/ep2



Kripalu[®]
Center for Yoga & Health

Sunday

morning, afternoon, and evening

- 2:00 pm–7:00 pm **Check-in (Master Class)***
- 4:15 pm–5:45 pm **Kripalu Yoga**
- 5:30 pm–7:00 pm **Dinner**
- 7:30 pm–9:00 pm **Masterclass 1**
The Effort and Ease of Goal Attainment
Opening Night: Maria Sirois
- Masterclass 2**
Questions for Answers: Writing Toward Clarity
Joan Borysenko



Monday

morning, afternoon, and evening

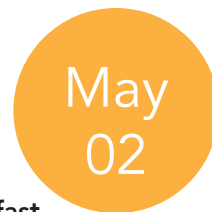
- 6:30 am–8:30 am **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–11:30 am **Masterclass 1**
The Effort and Ease of Goal Attainment
Caroline Miller
- Masterclass 2**
Questions for Answers: Writing Toward Clarity
Joan Borysenko
- 11:30 am–1:30 pm **Lunch**
- 1:30 pm–3:30 pm **Masterclass 1**
The Effort and Ease of Goal Attainment
Caroline Miller
- Masterclass 2**
Questions for Answers: Writing Toward Clarity
Joan Borysenko
- 4:15 pm–5:45 pm **Kripalu Yoga**
- 5:30 pm–7:00 pm **Dinner**
- 7:30 pm–9:00 pm **Welcome**
Cultivating a Growth Heartset
Megan McDonough



Tuesday

morning and afternoon

- 6:30 am–8:30 am **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–9:00 am **Music/ Meditation**
Megha Nancy Buttenheim
- 9:00 am–10:00 am **Keynote 1**
Seeing and Being Seen: The Virtue of Love
Neal Mayerson
- 10:15 am–11:30 am *Love Your Life: How to Get Happier with Meaningful Goals & Grit*
Caroline Miller
- 10:15 am–11:30 am *Schools as Agents of Love: Fostering a Sense of Wholeness in Students and Teachers*
Alan Brown
- 10:15 am–11:30 am *Move2Love, Thriving and Soaring*
Elaine O'Brien & Lisa Buksbaum
- 11:30 am–1:30 pm **Lunch**
- 12:00 noon–1:00 pm **Let Your Yoga Dance®**
Megha Nancy Buttenheim
- 12:00 noon–1:00 pm **Meals with Mentors**
- 1:15 pm–2:15 pm **Keynote 2**
Love's Biological Impact: The Cutting Edge of Mind-Body Medicine
Joan Borysenko
- 2:30 pm–3:45 pm *Love & Work: Creating a Path to a Career You'll Love*
Lynda Wallace
- 2:30 pm–3:45 pm *From Me to You: The Ripple Effect of Positive Psychology Learning*
Catherine Flavin & Karen Whelan-Berry
- 2:30 pm–3:45 pm *Stepping Out of Your Comfort Zone: Connection & Courage for Positive Action*
Stephen Redmon & Mina Simhai



*Master class registration includes all three sessions over two days, totalling 6.5 hours of deep learning time.

See board for room assignments.

Tuesday

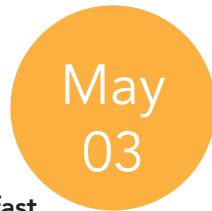
late afternoon and evening



- 4:15 pm–5:45 pm** **Kripalu Yoga**
- 5:30 pm–7:00 pm** **Dinner**
- 6:00 pm–7:00 pm** **Peer Presentations**
- 7:00 pm–7:30 pm** **Book Signing**
- 7:30 pm–9:30 pm** **Keynote 3**
Heart Intelligence—Connecting with the Intuitive Guidance of the Heart
Howard Martin
Experiencing the Heart's Intelligence
Megha Nancy Buttenheim

Wednesday

morning



- 6:30 am–8:30 am** **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–9:00 am** **Music/ Meditation**
Megha Nancy Buttenheim
- 9:00 am–10:00 am** **Keynote 4**
Why Friendship Matters: The Role of Deep Friendship in Optimal States
Stephen Cope
- 10:15 am–11:30 am** *Authentic Strengths: Positive Psychology Coaching to Maximize Resilience & Wellbeing*
Fatima Doman
- 10:15 am–11:30 am** *Rooted & Winged: Integrating Intention and Best Self*
Karen Whelan-Berry
- 10:15 am–11:30 am** *Love in the Community: Opening the Happiness Toolbox*
Gwendolyn Hampton Vansant & JV Hampton Vansant

Wednesday

afternoon and evening



- 11:30 am–1:30 pm** **Lunch**
- 12:00 noon–1:00 pm** **Kripalu Yoga Dance**
- 12:00 noon–1:00 pm** **Meals with Mentors**
- 1:15 pm–2:15 pm** **Panel Discussion**
Moderator Maria Sirois
- 2:30 pm–3:45 pm** *A Wholebeing Approach to Care During Illness*
Darshan Mehta & Maria Sirois
- 2:30 pm–3:45 pm** *Windows to the Soul: The Impact of Eye Contact on Health, Happiness, and Well-Being*
Linda Jackson
- 2:30 pm–3:45 pm** *Love in Teams: The Foundation of Workplace Wellbeing*
Phoebe Atkinson & Ruth Pearce
- 4:15 pm–5:45 pm** **Kripalu Yoga**
- 5:30 pm–7:00 pm** **Dinner**
- 6:00 pm–7:00 pm** **Peer Presentations**
- 7:00 pm–7:30 pm** **Book Signing**
- 7:30 pm–9:30 pm** **Keynote 5**
The Science and Practice of Cultivating Healthy, Meaningful, Loving Relationships
Todd Kashdan & Neal Mayerson
- 9:30 pm–10:00 pm** **Dance Party**

See board for room assignments.

Thursday

morning, afternoon, and evening



- 6:30 am–8:30 am **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–9:00 am **Music/ Meditation**
Megha Nancy Buttenheim
- 9:00 am–10:00 am **Keynote 6**
Love 2.0
Barbara Fredrickson
- 10:00 am–11:30 am *Practicing a Growth Heartset*
Megan McDonough
- 11:30 am–1:30 pm **Lunch**
- 12:00 noon–1:00 pm **Kripalu Yoga Dance**
- 1:30 pm–3:30 pm **Masterclass 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 1:30 pm–3:30 pm **Masterclass 4**
The Art of Teaching Positive Psychology
Maria Sirois
- 4:15 pm–5:45 pm **Kripalu Yoga**
- 5:30 pm–7:00 pm **Dinner**
- 7:30 pm–9:00 pm **Masterclass 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 7:30 pm–9:00 pm **Masterclass 4**
The Art of Teaching Positive Psychology
Maria Sirois

Friday

morning



- 6:30 am–8:30 am **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–11:30 am **Masterclass 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 8:30 am–11:30 am **Masterclass 4**
The Art of Teaching Positive Psychology
Maria Sirois
- 11:30 am–1:30 pm **Lunch**

See board for room assignments.

