



FACING CLIMATE CHANGE WITH COURAGE AND HEART  
March 18–21

## SUNDAY, MARCH 18

### **7:30–9:00 pm | Opening Session**

*Sarah Finnie Robinson, founding partner, WeSpire, full panel, and special guest Bill McKibben, author and founder, 350.org (via Skype)*

Conference moderator Sarah Finnie Robinson provides a grounding context for the overall program, including a robust recommended-resource bibliography for participants. Connecting individual workshop themes with larger climate issues, and involving Kripalu teachers to bring their valuable expertise to the group, Sarah invites everyone to develop tools and insights for personal resilience in order to work effectively on the existential challenges—and opportunities—of a warming planet.

## MONDAY, MARCH 19

### **9:00–10:15 am | Our Changing Climate: Global Warming 101**

*Ryan Towell, Science and Solutions Director, The Climate Reality Project*

Our climate is changing, and humans are the primary cause. In this workshop, the lead scientist on Al Gore's Climate Reality Project team explains how the Earth's climate system has already transformed and what's projected for the future. The climate crisis requires urgent action, and the solutions are already at hand.

### **10:30–11:30 am | Climate Change in the American Mind: What We Know, and Where We Go From Here**

*Seth Rosenthal, Research Specialist, Yale Program on Climate Change Communication*

Popular discourse paints the United States as a nation starkly divided about global warming, but the reality is more complex and nuanced. According to research, approximately one in five Americans is “alarmed” about global warming and ready to take action to reduce it; and about one in ten Americans denies the science of global warming. The vast majority of Americans fall somewhere in between. This workshop considers what Americans are willing to do to address global warming, and what we, as individuals, can do to engage people on the topic and spur them to take effective action.

### **1:45–3:45 pm | Nature Connection Experience**

*Mark Roule, Kripalu Outdoor Faculty, and Micah Mortali, Director of the Kripalu Schools*

Get outside and connect with this beautiful planet we call home. Join Kripalu's experts in mindful nature connection for a lecture and experience to restore your relationship with the environment. Explore the concepts of “place blindness,” a disconnection from the natural world and its rhythms, and “sensory anesthesia,” the modern tendency to move unconsciously through the natural world. Learn practices to overcome these tendencies, find deeper engagement with your surroundings, expand your sensory palette, and embrace awakened ways of knowing nature. Come be nourished, reinvigorated, and inspired.

## FACING CLIMATE CHANGE WITH COURAGE AND HEART

March 18–21

### TUESDAY, MARCH 20

#### **9:00–10:15 am | Activism and Mobilization**

*Dominique Browning, Cofounder and Senior Director, Moms Clean Air Force*

Moms Clean Air Force, a national organization of more than a million moms (and dads, grandparents, sons, and daughters!) has united to protect our children's health and well-being from air pollution and climate disruption. This workshop covers lessons they've learned about how to communicate about global warming, mobilize people who are intimidated by the political process, and how taking action is the most important cure for feelings of despair, helplessness, or outright paralysis. In a session that talks about personal resilience and reimagining narratives, discover how to become an empowered agent for change and help create the world you want to leave behind.

#### **10:30–11:30 am | Spiritual Activism: Radical Compassion and the Right Use of Will**

*Aruni Nan Futuronsky, Senior Kripalu Faculty*

Practice being present through self-care and self-connection, and from that place of Self, take powerful action. When you are present with what is, your actions in the world deepen in skillfulness and efficiency. With mindfulness—the practice of being present in the moment—your contributions to solving the climate crisis can be successful and sustainable. This workshop invites you to think, consider, feel, and practice so you can leave with an action plan for passionate non-attachment and right action.

#### **1:45–2:30 pm | Climate Change and Mental Health**

*Lise van Susteren, Advisory Board, Center for Health and Global Environment, Harvard T.H. Chan School of Public Health*

Individual responses to the changing climate depend on many variables, including who you are, where you live, who you love, and your core belief system. Learn about the range of human emotions and behaviors, and understand where you fit in. Why are some of us reluctant to discuss climate change with friends? Why do certain messages compel us to action? How can smart people deny global warming? Armed with firm principles from social psychology, you can map your climate action plan. A break-out session teaches how you can summon the energies of fear, anger, and despair, and direct them into concrete efforts to restore health and safety.

#### **2:45–3:45 pm | Self-Care and Take Home Plan**

*Celine Suarez, Director of Sustainability, Morgan Stanley*

This workshop focuses on providing tools and tactics to turn lessons learned from the conference into a sustainable home practice. Climate change and its global impacts can feel overwhelming to the individual who wants to take personal action and be part of the solution. Celine Suarez helps us integrate key takeaways into daily life.

#### **4:15–5:30 pm | Deepening: Nature Connection Experience**

*Mark Roule, Kripalu Outdoor Faculty, and Micah Mortali, Director of Kripalu Schools*

In this encore nature experience, continue to deepen your practice of connection to the environment. This session is outdoors, weather permitting.

# FACING CLIMATE CHANGE WITH COURAGE AND HEART

March 18–21

## WEDNESDAY, MARCH 21

### **9:00–11:00 am | Closing Session**

*Keynote by Maria Sirois, Positive Psychologist and Kripalu Faculty*

Maria Sirois speaks on how to remain resilient in the face of circumstances that appear dire and insurmountable; and how to embrace solutions that are nothing less than transformative. Maria is a Positive Psychologist and seminar leader who teaches internationally at the intersection of resilience and flourishing.

*Full Panel with Sarah Finnie Robinson*

Our closing panel offers a final Q&A to tie together all the concepts in the conference. The goal is to send you home inspired and ready to face the climate crisis with clarity, courage, and heart.