

# Program



# AUSTRALIAN MEDITATION CONFERENCE

## MELBOURNE

### 20-22 JULY 2018

Proudly presented by

Meditation Association of Australia



Supported by our Venue Partner

Australian Catholic University

115 Victoria Parade, Fitzroy  
(Corner Brunswick St)

## MEDITATION AND SOCIETY

The overarching theme of this innovative conference program is Meditation and Society. Beyond the view of meditation as a personal practice, our speakers and delegates will share their understanding of how the myriad forms of meditation contribute at a societal level, enhancing collective wellbeing and creating cultural change.

### Pre-Conference Events: Friday 20 July, 11am - 4.30pm

11.00 - 11.30am	<b>Registration</b> for morning events, Main Entrance off Victoria Parade			
11.30am - 1.30pm	<b>Education Forum 1 and concurrent Masterclasses</b>			
	<b>Main Theatre: Education Forum 1</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>
	MEDITATION IN SCHOOLS – WHAT ARE WE TRYING TO ACHIEVE?  Hayley Anthony (Moderator) Monash University. David Bott Geelong Grammar Institute of Positive Education Tom Brunzell Berry Street Janet Etty-Leal Meditation Capsules Georgina Manning Peaceful Kids Dr Stacey Waters Mindful Meditation Australia Dr Addie Wootten Smiling Mind	Masterclass 1  Human motivation and teaching meditation  Timothea Goddard  Openground and Mindfulness Training Institute	Masterclass 2  Experiencing the source of mental equilibrium for wisdom, wellness and ease of mind  Pauline McKinnon  Stillness Meditation Therapy Centre	Masterclass 3  Building the wellbeing of your meditation business  Sheri McKerrow and Lisa Major  Au Fait
1.00pm	<b>Exhibition Lounge Opens</b>			
1.30 - 2.30pm	<b>Lunch</b>			
2.00 - 2.30pm	<b>Registration</b> for afternoon events, Main Entrance off Victoria Parade			
2.30 - 4.30pm	<b>Education Forum 2 and concurrent Masterclasses</b>			
	<b>Main Theatre: Education Forum 2</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>
	MEDITATION OUTCOMES IN TERTIARY EDUCATION  Dr Marcus O'Donnell (Moderator) Deakin University Kathleen Cator Metta Health and Psychology Gary Cazalet Law School, Melbourne University Dr Richard Chambers Monash University Dr Craig Hassed Monash University Dr Graham Williams Lifeflow Meditation Centre	Masterclass 4  iRest Yoga Nidra Meditation for workplace stress and trauma  Robin Carnes and Fuyoko Toyota Integrative Restorative Institute	Masterclass 5  An introduction to becoming a meditation teacher  Lisa Forde  Australian Centre for Holistic Studies	Masterclass 6  Mindfulness in schools: an introduction  Dr Stacey Waters and Brayden Zeer Mindful Meditation Australia

### Pre-Conference Evening Events: Friday 20 July, 4.30pm - 9.00pm

4.30 - 6.00pm	<b>Registration for Dinner and/or Meditators Without Borders</b> , Main Entrance off Victoria Parade			
5.00 - 6.00pm	<b>DINNER (Gold Pass or separate registration essential)</b>			
<b>Exhibition Lounge</b>	All delegates from the afternoon pre-conference events, Gold Pass delegates and 'Meditators Without Borders' attendees are invited to join us for a light evening meal			
5.00 - 6.00pm	<b>Light musical entertainment</b> Exhibition Lounge			
6.00 - 7.00pm	<b>MEDITATORS WITHOUT BORDERS (Gold Pass or separate registration essential)</b>			
<b>Main Theatre</b>	Free mass meditation gathering hosted by Calm in the City. Featuring Chris Connelly, Megan Kenny and Evri Evripidou			
7.00 - 7.30pm	<b>Registration for Dr Rick Hanson's public talk</b> Cathedral Hall			
7.30 - 9.00pm	<b>Resilient Happiness: Hardwiring an Unshakable Core of Strength, Love, and Inner Peace (Gold Pass or separate registration essential)</b>			
<b>Cathedral Hall</b>	Dr Rick Hanson is a psychologist, Senior Fellow of the Greater Good Science Centre at University of California Berkeley, and a <i>New York Times</i> best-selling author. His books are available in 26 languages and include <i>Hardwiring Happiness</i> , <i>Buddha's Brain</i> , <i>Just One Thing</i> and <i>Mother Nurture</i> . He began meditating in 1974, trained in several traditions, and leads a weekly meditation gathering in San Rafael, California.			

[Click here to register](#)

## Official Conference Opening Day: Saturday 21 July, 9am - 6pm

8.00am	Registration Tea and coffee on arrival, Main Entrance off Victoria Parade											
9.00 - 10.15am	<b>Welcome Day 1 - Opening:</b> David Packman President of Meditation Australia and <b>Pauline McKinnon</b> Founding Patron of Meditation Australia <b>Welcome to Country, official opening and short meditation</b> <b>Introduction to proceedings:</b> Emcee Kevin Hume <b>Keynote Address: MEDITATION AND SOCIETY: FROM THE INDIVIDUAL TO THE COLLECTIVE</b> <b>Dr Craig Hassed, Patron Meditation Australia</b> Associate Professor, Monash University Department of General Practice											
10.15 - 10.45am	<b>Morning Tea</b>											
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1.30 - 2.15pm	<b>Address: IS MINDFULNESS ENOUGH?</b> <b>Main Theatre</b> Dr Maura Kenny Psychiatrist and Founding Co-Director, Mindfulness Training Institute, Australia and New Zealand											
2.15 - 2.30pm	<b>Transition</b>											
2.30 - 3.15pm	<b>Net-Walking Session</b> to Fitzroy Gardens. Meet at Registration Area											
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4.00 - 4.45pm	<b>Address: MUTUAL ENRICHMENT; MEDITATION IN TANTRA AND CHRISTIANITY</b> <b>Main Theatre</b> Reverend Associate Professor John Dupuche Honorary Fellow, Australian Catholic University, Faculty of Theology and Philosophy											
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5.45 - 6.00pm	<b>Close of Day 1</b>											

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## Official Conference Closing Day: Sunday 22 July, 9am - 5pm

8.00am	Registration Tea and coffee on arrival, Main Entrance off Victoria Parade											
9.00 - 9.45am	<b>Welcome Day 2 - Emcee Kevin Hume</b> <b>Main Theatre</b> <b>Address: IS MEDITATION MEDICINE?</b> <b>Robin Carnes</b> Senior Trainer, Integrative Restorative Institute (iRest) USA											
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11.15 - 12.00pm	<b>Main Theatre</b> <b>Address: THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL?</b> <b>Venerable Alex Bruce</b> Ordained monk in the Tibetan Buddhist tradition, Associate Professor ANU College of Law, honorary member ACU/FTP Comparative Theology group and Buddhist Chaplain at ANU											
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4.00 - 5.00pm	<b>Main Theatre</b> <b>Closing Presentation</b> <b>Shannon Harvey</b> Sneak peek documentary, 'My Year of Living Mindfully' <b>Thank you and closing meditation</b> <b>David Packman</b> President of Meditation Australia											
5.00pm	<b>Closing Day Finish</b>											

[Click here to register](#)

The Australian Meditation Conference is a platform for an interdisciplinary collaboration of like-minded people and organisations to share our knowledge and advance our understanding of meditation, mindfulness, contemplative and reflective practices that enhance our lives.



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**MEDITATION**  
association of AUSTRALIA

Diamond



Platinum



Mindfulness Training Institute  
Australia - New Zealand

**Openground**  
mindfulness training  
Inclining the mind towards freedom

Gold



THE CONTEMPLARY  
Institute for Contemplative Practice



Silver

