

SCHEDULE OF THE CONFERENCE

DURATION : APRIL 24 TH - APRIL 27 TH 2025			
APRIL 24 TH	APRIL 25 TH	APRIL 26 TH	APRIL 27 TH
8:00 - 9:00 a.m.	9:30 a.m.	9:00 a.m.	9:00 a.m.
Registration:	Keynote Presentation 2:	ME 101 Mindfulness:	ME 101 Mindfulness:
9:00 - 10:30 a.m.	Mindfulness Boosts High Performance in School	Mindful Walking, Mindful Movement and Mindful Listening	Mindful Walking, Mindful Movement and Mindful Listening
Grand Opening:	10:30 - 10:45 a.m.	10:30 - 10:45 a.m.	10:00 a.m.
Opening Remarks by Special Guest Speaker	Break	Break	Break
Keynote Presentation 1:	10:45 a.m. - 12:00 p.m.	10:45 a.m. - 12:00 p.m.	10:15 a.m. - 12:30 p.m.
Revolutionizing Mental Health Curriculum in Education	Panel Discussion:	ME 102 Research Meditation	ME 103 Research Meditation - "Who Am I? What Am I?"
10:30 - 10:45 a.m.	Revolutionizing Mental Health Curriculum in Education Part II	"The Law of Nature: Law of Cause & Effect and The Law of Impermanence"	Reflection- MAA Curriculum
Break	12:00 - 1:00 p.m.	12:00 - 1:00 p.m.	12:45 p.m.
10:45 a.m. - 12:00 p.m.	Lunch	Lunch	Departure for Sightseeing
Mindful and Wise Leadership at the University of Richmond	1:00 - 2:30 p.m.	1:00 - 2:30 p.m.	Tour to The Emerald Buddha Temple (Wat Prakaew) & The Reclining Buddha Temple (Wat Pho)
Virginia B. Toulmin Scholarship	Student and Adult Led - Conferences:	Discussion: "Well-being in the Workplace"	5:00 p.m.
NYPD	Mindfulness in Sports Psychology	2:30 p.m.	Tour Ends
12:00 p.m.	Mental Well-being for Teens	Mindfulness in Movement	
Lunch Break	Overcoming Family Pressure	Mindfulness in the Arts	
1:00 p.m.	2:30 p.m.	3:30 p.m.	
Student and Adult Led - Conferences:	Mindfulness in Movement	Day Ends	
Various topics for delegates to attend	Mindfulness in the Arts		
2:30 p.m.	Day Ends		
Mindfulness in Sports & Daily Life			
3:30 p.m.			
Day Ends			