



*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](http://wholebeinginstitute.com/ep2)



**Kripalu**<sup>®</sup>  
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

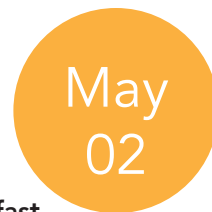
- 6:30 am–8:30 am **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–11:30 am **Masterclass 1**  
*The Effort and Ease of Goal Attainment*  
Caroline Miller
- Masterclass 2**  
*Questions for Answers: Writing Toward Clarity*  
Joan Borysenko
- 11:30 am–1:30 pm **Lunch**
- 1:30 pm–3:30 pm **Masterclass 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

May  
02

- 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

May  
03

- 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

May  
03

- 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

May 04

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

May 05

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.

