

Zen and the Art of Mindful Living Schedule of Events at Dartmouth April 1-7, 2025



Join Zen Buddhist monks and nuns from Thích Nhất Hạnh's tradition of engaged Buddhism in guided meditation practices, talks, and discussions throughout the week. While the teachings will have their roots in Zen Buddhism, these are not religious events. The focus will be on learning the practice of mindfulness to feel more peace, calm, and ease in daily life. No matter where you're from or what faith you follow, you are warmly welcome to attend.

Note: This is a draft schedule that will be finalized by 3/15/25. Please check back then. Events marked "Registration" require prior registration through embedded links.

Tuesday, April 1st Events

- 8:00 – 8:45 am ***The Foundations of Mindful Breathing: Guided Sitting Meditation***
Rollins Chapel A guided meditation to develop our capacity to cultivate peace and joy.
- 10:10-11:10 am ***Walking Meditation***
Location TBD A walk with the community, where we cultivate awareness and enjoyment of the contact that we make with the ground.
- 11:30-12:30 pm ***Mindful Lunch***
Location TBD Bring your lunch and enjoy a mindful lunch with monastics.
- 1:00-1:55 pm ***Deep Relaxation***
Rollins Chapel A guided meditation to relax the body and mind.
- 3:00-4:00 pm ***Art and Meditation at the Hood Museum***
The Hood Museum Following a gallery talk about two artworks inspired by Buddhist themes, monastics will chant followed by a seated meditation.
[*Registration](#)
- 4:15-4:45 pm ***Mindful Movement and Qigong***
Qi Gong Guided gentle movements to invigorate the mind and body. In the event of rain, the event will be inside Rollins Chapel.
Baker Library
Lawn

- 5:00-6:00 pm
Rollins Chapel
- Who is Thích Nhất Hạnh***
A public talk that will introduce the Zen Buddhist master, *Thích Nhất Hạnh*, who founded the Plum Village Tradition of Engaged Buddhism and is world-renowned for his spiritual leadership and body of work as a scholar, poet, peace and environmental activist.
- 6:30 -7:30 pm
Location TBD
- Graduate Student Mindful Dinner with Monastics***
Dartmouth **graduate students** are invited to practice mindful eating with monastics and your peers to cultivate gratitude and a deep connection to your food.
[*Registration](#)
- 7:45-8:30 pm
Tucker Center
- Tea Meditation for Dartmouth's Zen Student Group***
Members of Dartmouth Zen Student Group are invited to practice tea meditation with monastics. **[*Registration](#)**

Wednesday, April 2nd Events

- 8:00 – 8:45 am
Rollins Chapel
- Flower Fresh, Mountain Solid: Guided Sitting Meditation***
A guided meditation to develop our resilience and openness in every moment.
- 10:10-11:10 am
11:30-12:30 pm
Rollins Chapel
- Question and Answer Sessions with Monastics***
These open sessions provide an opportunity for participants to ask questions to the monastics about mindfulness practice and how to apply mindfulness to deal with life's challenges.
- 11:30-12:30 pm
Location TBD
- Mindful Lunch***
Bring your lunch and enjoy a mindful lunch with monastics.
- 1:00-1:55 pm
Location TBD
- Walking Meditation***
A walk with the community, where we cultivate awareness and enjoyment of the contact that we make with the ground.
- 2:10-3:05 pm
Rollins Chapel
- Deep Relaxation***
A guided meditation to relax the body and mind.
- 4:15 – 4:45 pm
Baker Library
Lawn
- Mindful Movement and Qigong***
Guided gentle movements to invigorate the mind and body. In the event of rain, the event will be inside Rollins Chapel.
- 5:00-6:00 pm
Rollins Chapel
- Loving Speech and Deep Listening***
This public talk will introduce the practice of loving speech and deep listening and explore how the practice can help bring about joy and happiness and relieve suffering in ourselves and others.
- 6:30 -7:30 pm
Location TBD
***Registration**
- Undergraduate House Community Mindful Dinner with Monastics***
Dartmouth **undergraduate students** are invited to practice mindful eating with monastics and your peers to cultivate gratitude and a deep connection to your food.
[*Registration](#)

Thursday, April 3rd Events

- 8:00 – 8:45 am
Rollins Chapel ***Freeing Oneself from Distractions: Guided Sitting Meditation***
A guided meditation to develop our capacity to enjoy the present moment.
- 10:00-11:10 am
Location TBD ***Walking Meditation***
A walk with the community, where we cultivate awareness and enjoyment of the contact that we make with the ground.
- 10:10-11:10 am
Rollins Chapel ***Question and Answer Sessions with Monastics***
This open sessions provide an opportunity for participants to ask questions to the monastics about mindfulness practice and how to apply mindfulness to deal with life's challenges.
- 11:30-12:30
Location TBD ***Mindful Lunch***
Bring your lunch and enjoy a mindful lunch with monastics.
- 1:00-1:55 pm
Rollins Chapel ***Deep Relaxation***
A guided meditation to relax the body and mind.
- 2:25-3:25 pm
Rollins Chapel ***Question and Answer Sessions with Monastics***
This open sessions provide an opportunity for participants to ask questions to the monastics about mindfulness practice and how to apply mindfulness to deal with life's challenges.
- 4:15 – 4:45 pm
Baker Library
Lawn ***Mindful Movement and Qigong***
Guided gentle movements to invigorate the mind and body. In the event of rain, the event will be inside Rollins Chapel.
- 5:00-6:00 pm
Rollins Chapel ***Hiking Zen: Train your Mind in Nature***
This talk will explore ideas that are presented in the upcoming [book](#) by the same name. The talk will discuss how to discover the joy of mindful walking and hiking, cultivating a deep connection with the world around you, and ultimately embracing the path of happiness as a way of life.
- 6:30-7:30 pm
South Fairbanks,
Rm 105. Priority
attendance given
to undergraduates ***Interfaith Dinner Conversations***
Interfaith Dinner Conversations equip the participants to have deep discussions about worldview identities, their own and others, while investigating widely shared and deeply held values meaningful to others worldview. *[Registration](#)

Friday, April 4th Events

- 4:00 – 8:30 pm
Rollins Chapel &
Church of Christ
Dartmouth students
& employees only ***Zen and the Art of Mindful Living 4.5-Hour Mindfulness Journey***
A 4.5-hour mindfulness retreat for Dartmouth students, faculty and staff including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species. *[Dartmouth Student/Employee Registration Access](#)
Log into your Dartmouth Google profile first

Saturday, April 5th and Sunday, April 6th Events

- 9:00 am - 5:00 pm
Rollins Chapel
Registration** ***Zen and the Art of Mindful Living Two-Day Retreat
The first day of a 2-day mindfulness retreat including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species.
***[Public Registration](#)** ***[Dartmouth Student/Employee Registration Access](#)**
Log into your Dartmouth Google profile first

Sunday, April 6th Events

- 9:00 am - 5:00 pm
Rollins Chapel
- Zen and the Art of Mindful Living Two-Day Retreat***
The second day of a 2-day mindfulness retreat including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species. [*Registration links in previous section.](#)
- 7:30 – 8:30 pm
Rollins Chapel
- Public Address by Dr. Jon Kabat-Zinn***
Dr. Kabat-Zinn is known for developing the widely research mindfulness-based stress reduction program, which has made significant impacts on modern healthcare. In this talk, he will address how mindfulness can support resilience and health in the context of modern life.

Monday, April 7th Events

- 8:30 am - 4:30 pm
Hanover Inn
- The Buddha The Scientist: Mindfulness and Cultivating a Positive Scientific Community***
A day of mindfulness practice, talks by monastics and scientists, and discussions to reflect on how mindfulness can help scientists to work creatively, collaboratively, and joyfully to tackle some of the greatest challenges facing our world. **Note: Attendance at the 2-day retreat is required to attend this event.**
- [*Public Registration](#)
- [*Dartmouth Student/Employee Registration Access](#)
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