

Day 1: Friday, March 26

All-day programming, including keynotes, breakouts, meetups, and more

*The times shown below are in Pacific Daylight time

Qigong

Mingtong Gu

08:00 AM - 08:45 AM

Breakout 1

Yoga: Grounded Reverence

Elena Brower

08:00 AM - 08:45 AM

Breakout 2

Meditation

Will Kabat-Zinn

08:00 AM - 08:45 AM

Meet Up Room

Welcome & Opening Meditation

Soren Gordhamer and Rhonda Magee

09:00 AM - 09:25 AM

Main Stage

The Future of Technology: Benefits, Dangers, and Finding Our Own Right Path

Tony Fadell and Soren Gordhamer

09:30 AM - 09:55 AM

Main Stage

How Will Mindfulness Help Us Meet the Converging Crises of the 21st Century?

Jamie Bristow

10:00 AM - 10:45 AM

Breakout 1

What is Humane Technology? And How Do We Get There?

Randy Fernando and David Jay

10:00 AM - 10:45 AM

Breakout 2

Meet Up: Community & Authentic Connection

Kerena Saltzman

10:00 AM - 10:45 AM

Meet Up Room

The Teacher's Retreat

Neil Seligman

10:00 AM - 10:45 AM

The People's Stage

The Next Chapter in Mindfulness and Compassion at Work

Scott Shute

10:00 AM - 10:45 AM

Inner MBA Hub

A Change 'Gon Come: Dismantling White Supremacy and Economic Exploitation through Mindful Social Justice

Rhonda Magee

11:00 AM - 11:25 AM

Main Stage

Love is a Virus: Moving from Inner Work to Social Change

Arianna Huffington and Shelly Tygielski

11:30 AM - 11:55 AM

Main Stage

The Art of Relationships in the Age of Covid

John Gottman, Julie Gottman, and Karen May

12:00 PM - 12:45 PM

Main Stage

Radical Belonging: Self-Compassion for Reckoning with Internalized Racism and Greed

Rhonda Magee

01:00 PM - 01:45 PM

Breakout 1

Mindfulness and Education

Ruchika Sikri, Ali Smith, Atman Smith, and JG Larochette

01:00 PM - 01:45 PM

Breakout 2

Meet Up: Diversity

Zoe Garcia and Alberto Garcia

01:00 PM - 01:45 PM

Meet Up Room

How Many Monday Mornings Do You Have Left?

Jodi Wellman

01:00 PM - 01:45 PM

The People's Stage

The Next Chapter in Conscious Business: B Corps and Their Power to Create Change

Lorna Davis and Joseph Kenner

01:00 PM - 01:45 PM

Inner MBA Hub

Break

02:00 PM - 02:30 PM

The Power of Film to Inspire and Connect

Pete Docter and Dacher Keltner

02:30 PM - 02:55 PM

Main Stage

Mindful Presence in the Context of Race and Gender: Challenges and Opportunities

Caroline Welch and Shelly Harrell

03:00 PM - 03:45 PM

Breakout 1

The Power of Gratefulness

Kristi Nelson and Alex Elle

03:00 PM - 03:45 PM

Breakout 2

Meet Up: Healing Wisdom of Nature

Annie Gallagher

03:00 PM - 03:45 PM

Meet Up Room

Unhustle to Move Forward

Milena Regos

03:00 PM - 03:45 PM

The People's Stage

The Next Chapter in Realizing Your Purpose at Work: Being Brave

Tami Simon and Sibyl Chavis

03:00 PM - 03:45 PM

Inner MBA Hub

What Do We Know to be True? The Power of Inquiry

Byron Katie and Soren Gordhamer

04:00 PM - 04:25 PM

Main Stage

The Next Level of Inclusion: Activating Our Joy to Create an Inclusive Future

Tami Simon and Tiffany Jana

04:30 PM - 04:55 PM

Main Stage

The Teachings of Climate Change: An Intimate Conversation with Paul Hawken

Paul Hawken and Soren Gordhamer

05:00 PM - 05:45 PM

Main Stage

Break

06:00 PM - 07:00 PM

Community Connection

07:00 PM - 07:45 PM

Main Stage

Day 2: Saturday, March 27

All-day programming, including keynotes, breakouts, meetups, and more

*The times shown below are in Pacific Daylight time

Qigong

Mingtong Gu

08:00 AM - 08:45 AM

Breakout 1

Yoga

Ally Bogard

08:00 AM - 08:45 AM

Breakout 2

Meditation

Ali Smith and Atman Smith

08:00 AM - 08:45 AM

Meet Up Room

Embracing Fear in the Age of Covid, Politics, and Race

Eldra Jackson III and Soren Gordhamer

09:00 AM - 09:25 AM

Main Stage

Intraconnected: An Integrated Identity and Broader Belonging as MWe

Dan Siegel

09:30 AM - 09:55 AM

Main Stage

Working with Fear

Eldra Jackson III

10:00 AM - 10:45 AM

Breakout 1

Cultivating Transformative Change Through the Use of Technology

Dan Siegel

10:00 AM - 10:45 AM

Breakout 2

Meet Up: Relationships

Arturo Bejar and Elizabeth Starmann

10:00 AM - 10:45 AM

Meet Up Room

Moving Forward: Leaving Race Narrative Behind

Chantelle Diachina

10:00 AM - 10:45 AM

The People's Stage

The Next Chapter in Management: Developing an Executive Mind

Jeremy Hunter

10:00 AM - 10:45 AM

Inner MBA Hub

Healing Trauma: Supporting Gun Violence Survivors through Mindfulness

Jon Kabat-Zinn, Fadel Zeidan, David Simas, and Brenda Mitchell

11:00 AM - 11:45 AM

Main Stage

Break

12:00 PM - 01:00 PM

Compassion in A Divided World

Sharon Salzberg and David Simas

01:00 PM - 01:45 PM

Breakout 1

Slowing Down as Compassion

Dan Siegel, Nichol Chase, Nico Car, Barnaby Willett, Jennifer Bloom, and Orlando Villarraga

01:00 PM - 01:45 PM

Breakout 2

Meet Up: Parenting During Covid-19

Annie Gallagher

01:00 PM - 01:45 PM

Meet Up Room

The Wisdom of Embracing Loss

Elizabeth Shara and Kate Atwood

01:00 PM - 01:45 PM

The People's Stage

The Next Chapter in Conscious Marketing: Creating Authentic Connection and Impact

Richard Taubinger

01:00 PM - 01:45 PM

Inner MBA Hub

The Next Chapter of Social Change and Finding Our Voice

Tarana Burke

02:00 PM - 02:25 PM

Main Stage

Conversations Across Divides

Shelly Tygielski and Justin Michael Williams

02:30 PM - 02:55 PM

Main Stage

How To: Conversations Across Divides

Shelly Tygielski and Justin Michael Williams

03:00 PM - 03:45 PM

Breakout 2

Re-Inventing the Mindfulness Experience Online: Lessons Learned From COVID Times

Rich Fernandez

03:00 PM - 03:45 PM

Breakout 2

Meet Up: Entrepreneurship

Kerena Saltzman

03:00 PM - 03:45 PM

Meet Up Room

Redesigning Our Lives for Greater Flow

Sophia Maguire

03:00 PM - 03:45 PM

The People's Stage

The Next Chapter in Culture Creation: The Growth Imperative — Creating a Culture of Learning

Steve Macadam

03:00 PM - 03:45 PM

Inner MBA Hub

Mindfulness and Technology: The Path Forward

Tristan Harris and Jon Kabat-Zinn

04:00 PM - 04:45 PM

Main Stage

Community Connection

Soren Gordhamer

05:00 PM - 05:45 PM

Main Stage

Break

06:00 PM - 07:00 PM

Carrying The Lamp

Jack Kornfield and Trudy Goodman

07:00 PM - 07:45 PM

Main Stage