



FEDERATION OF DHARMA SCHOOL TEACHERS LEAGUE

OCTOBER 10TH

1PM-6PM PAC. 2PM-7PM MTN.

*Shared Heart While Staying Apart*

building community and connections during a year of Covid

PLEASE JOIN US FOR THIS  
VIRTUAL CONFERENCE!

**REGISTRATION NOW OPEN!**

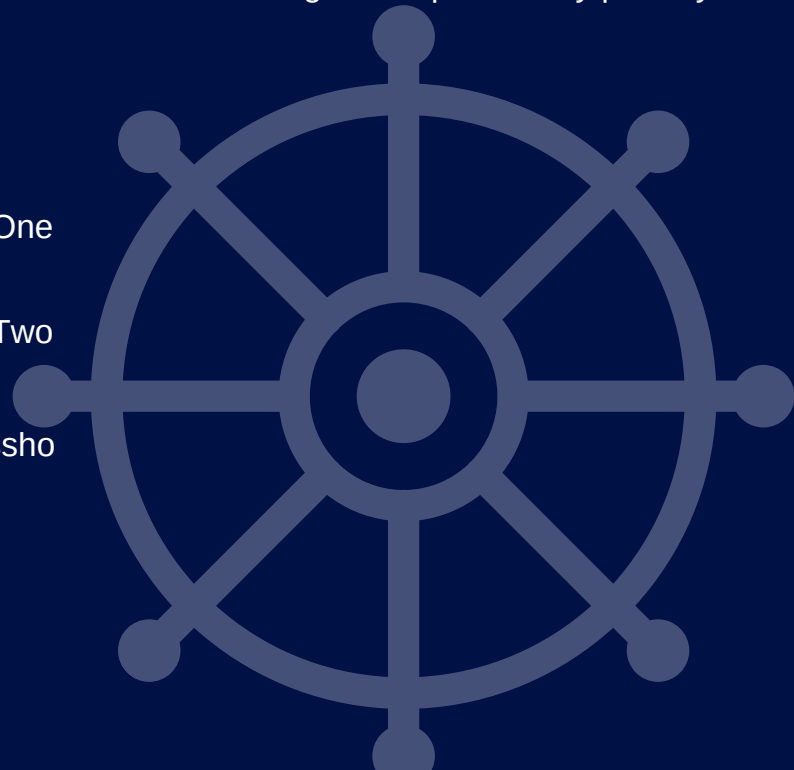


# CONFERENCE AGENDA



## \*TIMES IN P.S.T.

- 1pm** Opening Service by Rev. Diana Thompson, Denver Buddhist Temple
- 130pm** Keynote James Holland, Mindful Ways - Mindfulness Meditation: Finding a calming center in times of uncertainty, stress and isolation.
- 215pm** Break
- 230pm** Sensei Science by Rev. Kaitlyn Mascher-mace, Denver Buddhist Temple  
Enjoy a new take on science, Buddhism and engaging with youth. A thoughtful look at how to bring your outside expertise into teaching the Dharma.
- 250pm** Dharma School Teaching Not Using Conference Tools by Darlene Bagshaw, Stockton Dharma School  
Presentation on lessons that do not rely on live conferencing tools that were conducted at Stockton during shelter-in-place.
- 310pm** All Age and Lower Primary Distance Teaching by Stacy Uyeda, Berkeley Dharma School  
A variety of lesson ideas used during Spring 2020 using Zoom and other technology tools. Lessons were suited for all ages and particularly primary grades.
- 330pm** Break
- 345pm** Breakout Session Round One
- 430pm** Breakout Session Round Two
- 515pm** Closing Remarks and Gassho
- 530pm** Social and Activity



# ABOUT OUR KEYNOTE SPEAKER

## JAMES HOLLAND

James studied Zen Meditation in the 1970s through the early 1980s, and taught Mindfulness, Walking and Chant meditation through the 1980s to the present. He taught meditation classes at the Denver Buddhist Temple where he was a lay minister from 1987 till 2003 and was certified as a Minister Assistant until 2016. James holds a degree in Fine Arts from Mercyhurst University, studied Psychology at State University of New York. He is Co-Founder of Mindful Ways which seeks to help patients alleviate suffering through meditation. In the wise words of Siddhartha Gautama, "Pain is inevitable but suffering is optional." Mindful Ways is a not-for-profit organization dedicated to helping through the practice of being present. You can't experience happiness in the future, you can only hope for it. You can't experience it in the past, it's just a memory. What we have is this moment - the now. It's a precious gift we can learn to embrace without fear.



# BREAKOUT SESSIONS:

## OPTION 1

Mindfulness & Meditation - A keynote extension, allowing for a deeper dive into Mindfulness. With time for Q&A Discussion with the speaker.

## OPTION 2

Virtual Fatigue & Staying Connected - Discuss the physical and emotional stress of participating in a virtual world. Virtual call fatigue is real! How to cope and also be there for our students.

## OPTION 3

Book Sharing - Participants will bring their favorite Buddhist texts to share. Either works that speak to them, or that they enjoy using in the classroom. Each attendant will briefly share their reading similar to a book club.

## OPTION 4

Extended Q&A for Sensei Science Talk - Further discussion on the idea behind Sensei Science and how to bring your whole self when teaching.

## OPTION 5

Extended Q&A for Dharma School Teaching Not Using Conference Tools - Further dive into options outside of the virtual when distance learning.

## OPTION 6

Extended Q&A for All Age and Lower Primary Distance Learning - Get clarification and further insight into many of the tools at your disposal.

# HOW TO REGISTER

Please follow this [link](#) to register. One form per attendee. In addition there is a registration fee of \$25 and it must be mailed to -

*DBT Dharma School  
c/o The Denver Buddhist Temple  
1947 Lawrence St. Denver Colorado 80202*

Registration due by: Oct 3rd

questions/concerns email- [dbtdharmaschool@gmail.com](mailto:dbtdharmaschool@gmail.com)

*Thank  
you!*