

Day 1 Sept 19th (sat)		
		Opening Speech by Hiromitsu Nagao, Head of temple office at Kenchoji + Heart Sutra + Zazen 5min Miki, Shishido
Self	9:30-9:50 Welcome & Orientation	
Connection	9:50-10:55 Session 1	Symbiotic Society "Mindfulness in the time of COVID-19 pandemic - Toward an Inclusive Society" Satoshi Ikeno x Noriko Uchida
	10:55-11:10 Break (15min)	
Nature	11:10-12:10 Session 2	Science "Leaning into the laws of Nature with your body ~Inner Mindful Planet~" Masahiro Fujino x Kazuha Ogasawara
	12:10-13:10 Lunch Break (1hr)	Zen Eating
Nature	13:10-14:10 Session 3	Nature and Life "Naturalness and spontaneity Sustainable lifestyle with the Planet Earth" Kaku Suzuki x Hisashi Ooiwane Facilitator : Shokei Matsumoto
	14:10-14:30 Break (20min)	
Self	14:30-15:30 Session 4	Physicality "Zen, Consciousness, and Body: Conversation between an ALS Patients and a Somatic Zen Monk" Hajime Takano x Issho Fujita
	15:30-15:50 Break (20min)	Breathing meditation for Self Care
Nature	15:50-16:50 Session 5	Philosophy "A World of "nothingness" and "emptiness" opened up by technology" Shunji Mitsuyoshi x Soho Machida
Connection	16:55-17:35 Day1 Closing	Day 1: Connecting Time "Connect with Yourself, Connect with Others" Facilitators : Miyata, Shishido, Momoe
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Day 2 Sept 20th (sun)		
Self	8:40-9:20 Morning Zen	Online Zazen "Respectful living on a beautiful planet" Toryo Itoh from Tenryuji Temple
Connection	9:30-9:45 Welcome & Orientation	Day 2: Connecting Time "Expectations for Today" Zen2.0 staff
Nature	9:50-10:50 Session 1	Japanese Culture "Possibility of Japanese Culture and Mindfulness" Noboru Yasuda x Hiroaki Kumano
	10:50-11:10 Break (20min)	
Self	11:10-12:10 Session 2	Buddhism "To Live and To Die" Myoyu Tamaoki x Mayu Tsuruta
	12:10-13:10 Lunch Break (1hr)	Buddhist Sutra on Beatbox ~Sound Mandala Meditation~ Yogetsu Akasaka
Connection	13:10-14:10 Session 3	Compassion "From Mindfulness to Heartfulness" Stephen Murphy-Shigematsu x Kathleen Reiley Facilitator: Yuki Julia Itoh
	14:10-14:25 Break (15min)	Singing bowl meditation
Self	14:25-15:25 Session 4	Business "MBSAT (Mindfulness-based Strategic Awareness Training) MBSAT for decision making towards a mindful planett" Juan Humberto Young
	15:25-15:35 Break(10min)	
Self, Nature, Connection	15:35-17:00 DAY2 Closing	"Creating a Mindful Planet-- Integrating Eastbound and Westbound, Macro and Micro" Guest Speakers + Participants Facilitator: Takashi Maeno x Taishu Kawano
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