

Awake to Wellness

Presenter: Micheal Pope, CEO/Executive Director



What is Mindfulness?

What is Joy?

What is Wellness?

What is my purpose?

Bali Institute

Universities

University Programs in Collaboration with Bali Institute



"...wonderful, transformative organization profoundly invested in the local culture...your staff are smart, caring, and motivated to really educate participants in their programs. The experience moved me, challenged me, and inspired me."

**University of San Diego
Graduate Student**



"The Bali Institute is a beautifully designed organization that allowed me to see a diverse picture of life, tradition, history, culture, and values in Bali. I recommend the Bali Institute without hesitation."

**University of San Diego
Graduate Student
School**

Bali Institute provides custom-designed cultural immersion and service learning programs for university faculty-led courses focused on numerous topics including field biology, global social entrepreneurship, global wellness, alternative medicine, leadership and the creative arts. We also have our own signature training programs in facilitative leadership and social entrepreneurship. We are in active partnerships with the top universities in Bali, allowing innumerable opportunities to connect course content with Balinese academic collaboration.

Our offerings can include internships with a variety of social service groups, NGOs, volunteerism, and field study work. All programs provide meetings with remarkable Balinese civic, academic and cultural leaders. We weave our relationships with a wide variety of Balinese cultural leaders into innovative partnerships with student and faculty interests.

Bali Institute can offer faculty-led programs that can be custom-designed depending on the curriculum content, offering an impactful integration of course study and experiential learning. Our educational team helps university faculty connect content processes and authentic personal/collective reflection for results-oriented outcomes. Course time is often held in interesting indigenous cultural sites to enhance learning and growing from a deeper perspective.

The Bali Institute for Global Renewal has offered global conferences, educational programs, cultural immersion/service learning experiences and global leadership training to more than 2000 people of all ages from over 40 countries. More than 200 NGOs, corporations, organizations, media outlets and private groups have been sponsors, supporters and promoters of these programs.

Major global leaders, Nobel Prize awardees, social activists, award-winning authors and film makers, CEOs and heads of large non-profits have participated and helped facilitate well over 200 programs and workshops. Visiting dignitaries have included former Indonesian President Gus Dur, Archbishop Desmond Tutu, Nobel Peace Prize honorees Betty Williams and Jody Williams, Afghanistan Red Crescent President Fatima Galani, and the Bhutan Head of Home Affairs. More than 500 student leaders from around the world have also



What are the Basics of Mindfulness

Making time for reflection, meditation and/or prayer

Observe the moment as it is

Let judgements roll by

Be kind to your wandering mind

Setting intention

The Impact of finding your purpose

Reduces stress

Improves concentration

Encourages healthy lifestyle

Increases self-awareness

Increases happiness

Increases acceptance

Slows aging

Benefits cardiovascular and immune health

Emotional regulation

Improves your sense of empathy for others

Fights Anxiety

Fights Memory loss

What Gives/Brings Joy

Practicing Patience

Finding strength in gentleness

Practicing self-control

Not taking it too serious...because its all serious!



Enjoy the moment

Enjoying the moment means cultivating a healthy relationship with the experience, a relationship characterized by presence and acceptance.



University of Oxford Study Facts

November 2013

273 Individuals in Study

58% experienced a reduction in anxiety

57% reduction in depression

40% reduction in stress

26% reduction in fatigue

33% improved sleep quality

Emotional Balance

Emotional Balance is the balancing of your

Values

Personal Ethics

Emotional Balance



Reshaping our image of Aging

Aging happens. It's OK.

Let yourself in on that secret so you can settle into it.

This gives you a front-row view to an ever-changing circus of thoughts and sensations.



OBJECTS IN MIRROR MAY BE
YOUNGER THAN THEY APPEAR

Exercise

Remember a moment in your life where mindfulness was used.

A moment of solitude or a situation with someone else in which you offered or received the quality of mindful presence.

What was happening?

How did you feel?

Why has this stayed in your memory?



**“When you realize nothing is lacking,
the whole world belongs to you”**

- Lao Tzu

Living is being aware, having a balanced acceptance of your present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.

Thanks!

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