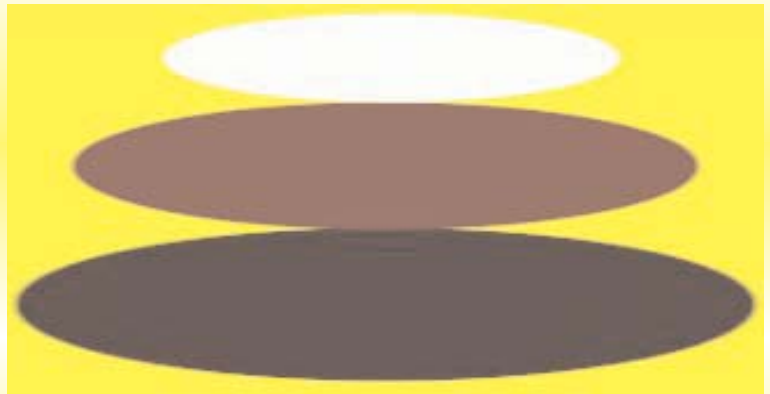


Spirituality Conference



Drawing: James Burger

Three stones stacked

upon each other—traditionally, a symbol of balance as well as a physical representation of mind/body attunement.

On Saturday, October 15, the College held Finding Balance: Leadership, Spirituality, and Health, an all-day conference open to all members of the Dartmouth community. “Exploring leadership and life through the eyes of the heart and soul” was the day’s theme. A group comprising students, faculty, and staff came together to create and participate in the event, which was held in Collis Common Ground.

Dr. Robert Nash, Professor of Integrated Professional Studies at the University of Vermont, delivered the keynote address, entitled The Courage to Lead With Spirit and Joy. For the closing remarks, Lori Arviso Alvord, M.D., Associate Dean of Student and Multicultural Affairs at Dartmouth Medical School, presented Walking in Beauty, Living in Balance: A Navajo Philosophy.

In addition to the speakers and discussion groups, the conference included chair massages, meditation exercises, Yoga, poetry, a labyrinth walk, and musical performances featuring Tibetan singing bowls, cello, and other stringed instruments.

The day’s activities were designed to encourage attendees to:

Explore the ways in which inner strength can shape good leadership;

Allow themselves an opportunity for introspection;

Enjoy various activities designed to increase reflection; and

Participate in small group discussions.

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