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<b>Friday, May 16 – University of Music and Theatre Munich</b>			
9:00	Opening Ceremony	Wolfram Winkel & Ensemble Adina Mornell, Symposium Organizer University of Music and Theatre Munich 	Musical Introduction and Welcome
9:15	Keynote	Katharina Schulze Parliamentary Group Alliance 90/ The Greens in the Bavarian State Parliament 	Creating Good and Staying Sane in Today's Crazy World: How Change can be Achieved Together
10:00	Coffee & Tea Break		
10:30	Presentation I	Johannes Lunde Hatfield Inland Norway University of Applied Sciences 	Determinants of Peak Performance in Sports and Music
11:15	Presentation II	Beatriz Ilari University of Southern California 	Music Learning, Resilience and Thriving: Stories by Musicians from the Margins
12:00	Presentation III	Sinan von Stietencron Foundation Art and Nature 	Learning from Nature: Permaculture Principles as a Design Manual for Society and Culture
13:00	<b>Transfer to Foundation Art &amp; Nature, Nantesbuch, Bad Heilbrunn</b>		
14:00	Welcome to Nantesbuch Excursion	Sinan von Stietencron Foundation Art and Nature 	Synthesis of Art and Nature
15:00	Presentation IV	Tadhg MacIntyre National University of Ireland Mayo 	Nature Moves: The Paradox of Green Exercise in Virtual and Non-Virtual Settings
15:45	Presentation IV	Nina Kruse kbo Hospital for Psychiatry and Psychotherapy, Munich 	Civil Societies Driving for Change – Let's Find the Groove in Global Health
16:30	Workshop Session A	Bettina Bläsing Bielefeld University, Department of Sport Science, Neurocognition and Action 	Touching Nature Touching Us. Multisensory Explorations, Interactions and Improvisations in the Outdoors
		Klaus Rom Department of Sports Sciences, Karl- Franzens-University Graz 	Your Dragon's Helping Hands: How to Not Get Lost on Your Personal Trajectory
17:15	Lecture- Demonstration	Asaf Bachrach Centre national de la recherche scientifique 	Flourishing in the Contact Zone

18:00	Lecture-Demonstration	Costas Karageorghis Brunel University Dept. of Sports Sciences 	Groovy Kind of Dunk: Exploring the Power of Rhythm in Elite Basketball – with Holger Geschwindner and Christian Benning 
18:45	Dinner Break		
19:30	Event	<i>Sounding Out Nature</i> in Three Acts Music, Dance, Basketball & Nature	I. The Beat in the Ball; II. The Beat in the Plant; III. The Beat in Us
<b>Saturday May 17 University of Music and Theatre Munich</b>			
8:30	Workshop Session B	Frank Heuser University of California Los Angeles (UCLA) 	Life-Long Learning: Thriving Through Dialogue
		Lászlo Stácho Liszt Academy of Music in Budapest 	Thriving in the Practice Room by Training Musical Attention – Feeling the Future, Enjoying the Present, and Reconnecting with the Past
		Oliver Margulies, Ulrike Wohlwender & Silvia Molan Zurich University of the Arts  University of Music and the Performing Arts Stuttgart 	Potentials Unlocked: Science-based Approaches for Instrumentalists' Hands to Thrive
9:30	Musical Interlude and Welcoming Remarks from HMTM President Lydia Grün		
9:45	Presentation VI	Margaret Osborne Melbourne School of Psychological Sciences 	Strengthening the Drive to Thrive with the Wisdom and Courage of Self-compassion
10:30	Coffee & Tea Break		
11:00	Presentation VII	Chia-Jung Tsay University of Oxford & University College London  ; University of Madison 	Passion Beyond Work: Elite Musicians Thriving as Working Professionals Outside of Music
11:45	Presentation VIII	Raluca Matei Peabody Institute, Johns Hopkins University 	Global Guidelines for Health and Mental Well-Being in Music Training: A Collaborative Vision
12:30	Presentation IX	Reinhard Kopiez Hanover University of Music and Drama 	The Eyes Listen Too: Enhancing Live Performance With Compelling Instrumental Techniques
13:15	Poster Session		
14:45	Workshop Session C	Graham Fitch London 	Detecting Practice Optimization Opportunities with the Practice Sleuths
		Noa Kageyama The Juilliard School 	Turning Practice Up to 11: Research-based Strategies for Making Practice More Effective and More Fun

		Bettina Hafner Technical University Munich 	Conquering Challenges – Mental Techniques for Difficult Situations
15:30	Presentation X	Mathias Bertsch University of Music and Performing Arts Vienna  + 	Fine-Tuning the Future: Addressing Physiological and Psychological Needs in Young Orchestral Musicians (EU-funded project)
16:15	Presentation XI	Veronika Lubert, University of Vienna 	Optimize Your Goal Setting: Evidence-Based Strategies to Inspire Your Artistic Success
17:00	Presentation XII	Jane Ginsborg, Sarah Upjohn and Susanna Cohen Royal Northern College of Music, Manchester 	How Musicians Thrive and Flourish: Healthy Music Making Through the Life Course
17:45	Closing Ceremony	Adina Mornell Symposium Organizer University of Music and Theatre Munich 	Concluding remarks, announcement of the poster prize winner, musical finale
18:00	<b>End of Symposium</b>		