

2nd edition

AI + MEDITATION SYMPOSIUM

Human consciousness and the science of human-AI interaction

PART OF THE ZÜRICH AI FESTIVAL 2026

Wednesday, 30 September 2026

Alumni Pavillon (MM C 78.1), ETH Zurich

08:40 - 17:30

AGENDA

- 08:40 - 08:55 ● **Check-in & Silent Arrival**
A silent arrival ritual continuing the 2025 tradition.
- 08:55 - 09:25 ● **Guided Tea Ceremony & Grounding Meditation**
Mindful Peace International
- 09:25 - 09:35 ● **Opening & Welcome**
Aurel Hosennan & Fei Yu · Prof. Dr. Elliott Ash (ETH Zurich)
- 09:35 - 10:45 ● **Presentations**
 - Mara Arizaga (OHCHR, UN) - Human Rights, Well-Being and Contemplative Practices in the Age of AI
 - Fei Yu (World Meditation Day) - Invitation: Light up the world
 - Dr. Zhenbao Jin (World Meditation Day) - The Difference between AI and Human Intelligence: A Perspective from the Practice of Meditation
 - Clara Wang (Mindful Peace International) - AI Alignment Within
- 10:45 - 10:50 ● **Break & Room Reset**
- 10:50 - 11:50 ● **Panel: AI, Mindfulness & Planetary Health**
Hosted by UZH.ai Hub, The BRIDGE Lab
 - Prof. Dr. Claudia Witt, Professor of Complementary and Integrative Digital Health, UZH Digital Society Initiative
 - Prof. Dr. Jan Fehr, Professor of Global Health & Mobility, UZH Department of Public and Global Health
 - Prof. Dr. Christina Röcke, Professor of Lifespan Psychology, UZH Healthy Longevity Center
 - Moderator, Ruben Kranendonk, Head of The UZH.ai Hub
- 11:50 - 12:00 ● **Mental World Model**
Speaker / Host: Qingshi Wang, YouthMind
- 12:00 - 12:10 ● **Group Photo (internal)**
- 12:10 - 13:10 ● **Guided Chan Lunch**
Mindful Peace International
- 13:10 - 13:30 ● **Break & Rearranging Afternoon Seating**
Mindful Peace International
- 13:30 - 13:35 ● **Opening & Welcome (Afternoon)**
Prof. Dr. Elliott Ash (ETH Zurich)
- 13:35 - 17:15 ● **Research Paper Session**
 - Prof. Dr. Francesco Capozza - Demand for Conversational AI (30 min)
 - Prof. Dr. Rafael Jimenez Duran - The Supply and Demand of AI Sycophancy (30 min)
 - *Tea Break 1 (20 min) - Arranged by: Mindful Peace International*
 - Dr. Antonia Vasquez - The Well-Being Effects of Digital Mental Health Care (30 min)
 - Prof. Dr. Zhang Haisheng - The Dual Stabilization Model: Long-Term Quiet Meditation with Eyes Closed as a Supplementary Rehabilitation Intervention for Clinically Stable Psychotic Spectrum Disorders (30 min)
 - *Tea Break 2 (20 min) - Arranged by: Mindful Peace International*
 - Prof. Dr. Ryan Ash - Functional, Psychogenic, and Dissociative Symptoms in the Light of Mindfulness (30 min)
 - Dr. Joseph Wielgosz - Is Mindful Attention All You Need? Implications of AI Guidance for Human Well-Being (30 min)
- 17:15 - 17:25 ● **White Paper Introduction**
Prof. Dr. Elliott Ash & Dr. Zhenbao Jin
- 17:25 - 17:30 ● **Ending Thanks**
Introduction to the networking reception.
- 17:30 - 17:40 ● **Group Photo (internal)**