

## Speaker Profile

# Bethany Klug

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Dr. Klug learned about Zen Master, peace activist and poet Thich Nhat Hanh from a reading list offered at a course on another method of meditation. The gentleness and concreteness of his teachings touched her deeply. She visited Plum Village, his practice center in France in 1996, where for the first time she experienced a people intent on happiness. She founded the Heartland Community of Mindful Living (HCML), a practice community called a sangha, in Kansas City in 1997. HCML continues to offer weekly mindfulness practice, days of mindfulness and weekend retreats in the Plum Village Tradition of Thich Nhat Hanh, [www.mindfulnessKC.org](http://www.mindfulnessKC.org)

Dr. Klug completed her medical education at what is now Kansas City University in 1999. She completed a residency in Family Medicine at Truman Medical Center-Lakewood. She was inspired to practice holistic and functional medicine by a physician who used homeopathy, nutrition and lifestyle to help her recover from an autoimmune disease that remains in remission today. Mindfulness practice was, and still is a key part of her approach to health.

Dr. Klug practices holistic and functional medicine at HealthSpan in the Kansas City suburb of Prairie Village, KS, [www.HealthSpanKC.com](http://www.HealthSpanKC.com).

## Session Topics

### Session Topic ( Tues.):

*Creating Safe Space for Deep Listening and Mindful Speech with the Five Mindfulness Trainings of the Plum Village Tradition*

#### Objectives

1. Learn how the Five Mindfulness Trainings create a safe place for transformation and healing by creating an ethical foundation for mindfulness practice.
2. Learn more about the practice of deep listening and mindful speech in the Plum Village tradition of Thich Nhat Hanh.

The Plum Village tradition is named after the first practice center established by Zen master Thich Nhat Hanh. Mindfulness, the moment-to-moment awareness of everyday activities, such as walking, eating, speaking and listening grounded in the ethic of the Five Mindfulness Trainings are hallmarks of this tradition. Dr. Klug will share how the practice of the trainings create a safe container for transformation and healing. The fourth mindfulness training addresses “loving speech and deep listening,” and the tradition has many practices to cultivate and deepen this important practice.

KidsTLC, in collaboration with the DDP Institute, presents:



*The Power of Deep Listening to  
Heal, Connect and Transform:  
Insights from DDP and Beyond*



Session order tbd