



Hosted by



Christian Mindfulness

In partnership with
The Mind & Soul Foundation

This Christian Mindfulness Day conference is for Christians and anyone interested in the area of mental health and spirituality. In particular the focus is to enable Christians to engage with mindfulness for health and mindfulness of God in an informed way. The keynote speakers are all experts in this field and will bring psychological, biblical and historical perspectives to the cultural phenomenon of mindfulness. See website for more details.

Saturday 2nd February 2019

Venue: The Kings Centre, 56 Bull Head Street, Wigston, LE18 1PA

9.15am to 4.30pm

www.christianmindfulness.co.uk

East Midlands Christian Mindfulness Day Programme

| | |
|------------------|---|
| 9.15-10.00am | Arrivals, Registration, Tea & Coffee |
| 10.00—10.15am | Welcome and announcements [Sue & Mike] |
| 10.15 – 11.00 am | Speaker 1 - Rev Shaun Lambert - Mindfulness: It's time for Christians to engage |
| 11.00 - 11.45pm | Speaker 2 - Richard H H Johnston - Mindfulness, Compassion and Christian Contemplative Practice |
| 11.45 -12.15pm | Tea/Coffee |
| 12.15-1.00pm | Speaker 3—Dr Rob Waller— Mindfulness and Mental Health for Christians |
| 1.00 – 2.00pm | Lunch |
| 2.00-2.15pm | Mindful Worship [Mike, Shaun and King's Centre Band] |
| 2.15-3pm | Seminars Round 1 |
| 3.00 - 3.15pm | Comfort Break |
| 3.15-4.00pm | Seminars Round 2 |
| 4.00 – 4.30pm | Panel - Q & A |
| 4.30pm | Finish |

Seminar Options

Rev Shaun Lambert—Mindful Walking

Richard H H Johnston—Extended Compassion Meditation

Dr Janet Penny—Mindful Photography

Dr Kate Middleton—tbc

Although the format of the talks is mainly psychological and spiritual education there will be an opportunity for some experiential work, through short informal mindful awareness practices. If you are unsure whether to do the practice because of an existing mental health condition then please just observe or take some time out. If you feel you would like to talk to someone about your experience please approach the Christian Mindfulness stand.