



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](http://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—Mindfulness and Stress

Richard H H Johnston—Extended Compassion Meditation

Dr Janet Penny—Mindful Photography

Dr Kate Middleton—The Transformational Practice of a Mindful Pause

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 someone with a Prayer Team badge.