

Session: Seeking Mindfulness

Facilitator:

Atlantic Contemplative Centre

Description:

Mindfulness is the practice of paying attention, with nonjudgmental curiosity, to our moment-to-moment experience. Through mindfulness we learn to observe and work with what's happening within and around us—whether pleasant, neutral, or difficult. Mindfulness helps us to learn to be more realistic, curious, and kind to ourselves. Mindfulness is considered a skill as well as an approach to living. Mindfulness is being applied not only in education, but in healthcare, business, athletics, and other sectors. This session will explore the application and practice of mindfulness in education.

Biography:

The Atlantic Contemplative Centre cultivates applied mindfulness through education, research and service. Formed in 2010, the charitable, non-profit organization brings together people in Atlantic Canada who use applied mindfulness in their workplace. Over fifty faculty members work in sectors including health care, education, the arts, business and sports. Please visit our website at: www.contemplativecentre.ca.