

Conference Mindful Me/We 2018

Mindfulness. Scientific background.
Application for personal, social and organisational
development.

Inspired by Wisdom Together

7-8 of June, 2018

Lithuania, Harmony park Synergy hall



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Content

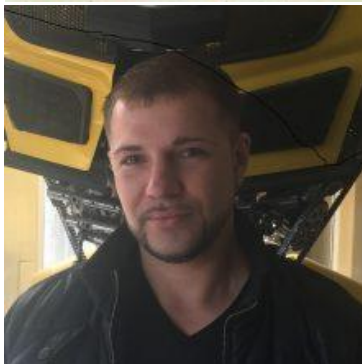
1. Mindful Me/We 2017 conference impressions ...
2. Mindful Me/We 2018 targets, content, lecturers, place ...



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Mindful Me/We 2017



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Mindful Me/We 2017



Mindful Me/We 2018

Mindfulness. Scientific background.
Application for personal, social and organisational
development.



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Mindful Me/We targets

1. To expand Mindfulness culture in Human heart, families, organizations, country...
2. To provide knowledge about how to develop Mindfulness skills
3. To create Mindfulness oriented society
4. To help people with understanding of Mindfulness essence (core)
5. To create spaces for sharing of experience



Mindful Me/We 2018 content

1 day morning

Mindfulness scientific background lectures and discussions by:

- “neuro” and “psicho” medicine scientists
- physicians and/or philosophers
- researchers of religions and world human cultures
- guru of east fighting and spiritual development arts



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bkc BALTIJOS
KOUČINGO
CENTRAS

Mindful Me/We 2018 content

2 day afternoon

Mindfulness application experience lectures and discussions by

- doctors and spiritual people
- businessmen and teachers
- musicians and artists



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Mindful Me/We 2018 content

1 day evening

Mindful music concert and evening time near big fire

Concert organizers are Oleg Kovrikov and his friends



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Mindful Me/We 2018 content

2 day morning

How to choose and start to practice Mindfulness practice...

- advices of practice specialists
- body movement practice with Jason Chan (all together)



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Mindful Me/We 2018 content

2 day afternoon

1,5 hour practice in a small groups

- attention management
- movement
- expression (singing, performance, etc.)
- meditation
- communication with nature
- Holly Script catholic meditation practice
-

Mindful Me/We 2018 content 2 day evening

Conclusions, bridge the future



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Mindful Me/We 2018 foreign guests



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Mindful Me/We 2018 foreign guests



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Mindful Me/We 2018 foreign guests



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Mindful Me/We 2018 foreign guests



Mindful Me/We 2018 speakers



Organizatoriai



And a lot of other speakers, musicians, partners...



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Mindful Me/We 2018 place



www.harmoniypark.lt



Mindful Me/We 2018 place



www.harmoniypark.lt



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Organizacijos virsmas



inTegra House



Mindful Me/We 2018 place



www.harmoniypark.lt



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www.harmonypark.lt



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Organizacijos viršmas



We invite idea spreading partners

We want to give opportunity for young people to participate in our event and You can help us donating tickets for young people.

Contact us in case You want to donate.



Detailed information about the event will be announced on www and facebook soon.



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See You in our events



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