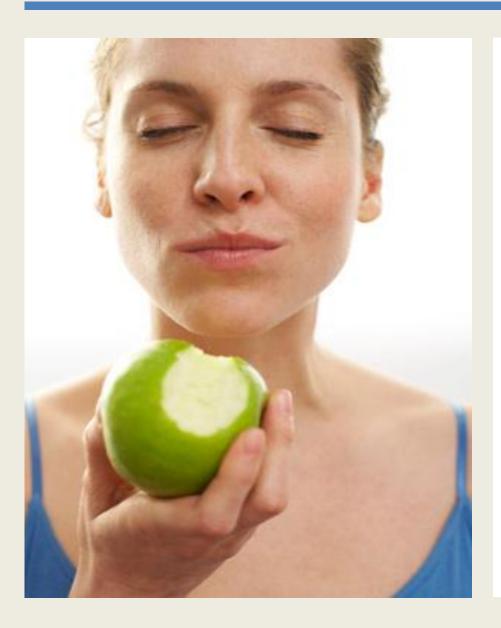
tasting mindfulness

explore how mindfulness meditation and cognitive therapy can inform food research, education and activism



programme

10.00	Arrival/refreshments
10.30	Welcome and warm up
10.50	Introduction to mindfulness
11.30	Chocolate meditation
12.00	Body scan and mindful movement
12.30	Silent lunch followed by break
1.15	Exploring foods we dislike
1.50	Mindful eating in pairs
2.20	Exploring uses in our own work
3.15	Check out/evaluation

Wednesday, 22nd May

Lewes Subud Centre, Station Street, Lewes. BN7 2DB.

Tickets £6 - Book your place at: http://brightontasingmindfulness.eventbrite.co.uk

This event is organised by the Brighton-Sussex Research Network (BSFRN) and hosted by WWF-UK