

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://brightontastingmindfulness.eventbrite.co.uk>

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