

You are cordially invited
to the **Mindfulness Symposium @ KU Leuven**

Saturday December 15th
Justus Lipsius Zaal
Blijde Inkomstraat 21, 3000 Leuven



A keynote will be presented by **Rebecca Crane**. Rebecca Crane is director of the Centre for Mindfulness Research & Practice at Bangor University (UK), and has been a leading role in its development since it was founded in 2001. She has a background as occupational therapist and integrative counselor. Her research focuses on the delivery of evidence-based mindfulness-based interventions in different settings, with a particular focus on the integrity of the teaching and therapist competency. She teaches and trains internationally in both MBSR and MBCT.

Program:

10:00-10:15: Welcome by Filip Raes (LMC) and Edel Maex (vzw Moment)

***10:15-11:15: "Making the Path by Walking it: The Journey of Implementing Mindfulness"
by Rebecca Crane***

11:15-11:30: Meditation guided by Edel Maex

***11:30-12:00: "Open source programs @ Leuven Mindfulness Centre"
by Inge De Leeuw, Ineke Van Mulders***

12:00-13:00: Lunch

***13:00-16:00: "Presentations of ongoing research in Belgium"
by Barbara Willekens (UZA), Soumaya Ahmadoun (KUL), Maarten Vansteenkiste (UGent), Tessy Boedt (KUL), Eva De Jaegere (UGent), Benjamin Roux (UCL)
More information will soon be available on the website.***

16:00-16:15: Closure by Katleen Van der Gucht and drinks

Costs of attending are 30 euro. Free for members of vzw Moment. Last year the symposium was fully booked, so please make sure you register in time via <http://www.mindfulmoment.be/> or by sending an email moment@mindfulmoment.be

Organiser: Katleen Van der Gucht, together with Filip Raes and Peter Kuppens