Prison Pioneers

Behind the tall walls of the prison, every Monday a group of prisoners comes together to participate in a Mindfulness training. Since their incarceration, they have plenty of time to think, often with the weight of a heavy conscience. Using meditation and mindfulness, they move towards the confrontation with their past, hoping to attain more inner peace and a better future. Prison Pioneers gives a unique view inside the prison, the impact of mindfulness on prisoners, and the pioneering work of the first Buddhist chaplains in the Netherlands.

Corien Bögels

Workshop Mindful Drawing

During this workshop you will become acquainted with the work of designer/illustrator Corien Bögels, and explore her method of quick drawing yourself. Let yourself be inspired by the interplay between mindful awareness and creativity!