

International Conference on
Mindfulness (ICM) 2018



Science from Within

Come together into silence and join
our 2-day post-conference retreat

“Bringing Practice to Life: The Place of Vedana/Feeling Tone in Mindfulness”

By
Helen Ma and Mark Williams



Date:

Saturday 14th July and
Sunday 15th July

Time:

08:00 am - 9:00 pm (Sat)
08:00 am - 5:00 pm (Sun)

Venue:

University of Amsterdam,
the Netherlands.
Retreat is non-residential.

Costs:

€ 250,- (if combined
with main event)
€ 300,- retreat only

For more information visit
the conference website!



“Bringing Practice to Life: The Place of Vedana/Feeling Tone in Mindfulness”



HELEN MA AND MARK WILLIAMS

Post-conference retreat 14 & 15 July 2018

Location: University of Amsterdam, the Bridge (non-residential; max. 120 participants)

Helen Ma, PhD, has worked as a clinical psychologist in the health care field for many years. She first taught MBCT in 2001 under the supervision of Dr. John Teasdale, while conducting her doctoral research on MBCT at the University of Cambridge. Since then, she has been teaching MBSR and MBCT, leading meditation retreats, conducting training programs and supervising professionals in mindfulness-based approaches in Hong Kong, Singapore, Taiwan and China. She is the Founding Teacher of the Hong Kong Center for Mindfulness and a visiting Assistant Professor at the University of Hong Kong's Centre of Buddhist Studies.



Mark Williams, PhD, is emeritus Professor of Clinical Psychology and Founding Director and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry (UK) where he co-developed MBCT. He was Director of the Oxford Mindfulness Centre until his retirement in 2013. He is (co)-author of several books on mindfulness, including the pioneering work “mindfulness-based cognitive therapy for depression: a new approach to preventing relapse” (2002, 2012). His more recent book “Mindfulness and the Transformation of Despair: Working with People at Risk of Suicide” (2015) provides clinicians and mindfulness teachers with a comprehensive framework for understanding suicidality and its underlying vulnerabilities.



Saturday 14th July

8:00 – 9:00 a.m. Welcome, registration, coffee and tea
9:00 – 9:15 a.m. Word of welcome, practicalities
9:15 a.m. Practice
10:15 a.m. Morning break (silent)
10:40 a.m. Practice
12:30 – 1:30 p.m. Warm lunch (silent)
1:30 Practice
3:30 p.m. Afternoon break (silent)
4:00 p.m. Practice
5:30 – 6:30 p.m. Supper (silent)
6:30 – 7:10 p.m. Practice
7:10 – 8:15 p.m. Dharma talk, Q&A
8:15 – 9:00 p.m. Practice and closure

Sunday 15th July

8:00 – 9:00 a.m. Welcome, registration, coffee and tea
9:00 – 9:15 a.m. Introduction and practicalities
9:15 a.m. Practice
10:30 a.m. Morning break (silent)
11:00 a.m. Practice
12:30 – 1:30 p.m. Warm lunch (silent)
1:30 Practice
2:50 p.m. Break (silent)
3:20 Practice
4:50 Closing Reflection and Practice
5:00 p.m. Retreat ends