Moderated by Edel Maex

‘Can meditation do more harm than good?’

Willoughby Britton, Jared Lindahl, Ruth Baer, Rogier Hoenders, moderated by Edel Maex.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the theme of safety of meditation and mindfulness-based approaches. There will be ample space for questions and reflection.

George Langenberg

Mindful movement