



Title : Workshop On Mindfulness Introduction To Clinical Application

Date : 14th January 2018

Time : 09.00am – 06.00pm

Venue: Hotel Residency Andheri East

Speaker:- Dr. Rajendra Barve (Consultant Psychiatrist And Teacher Mindfulness)

Pre-lunch session

TOPIC	DATE	TIME
Introduction: Mindfulness As A Secular And Scientifically Researched Therapeutic Tool In Clinical Practice	14 /1/2018	9:30a.m. to 10:30 a.m.
Fundamentals Of Mindfulness With Reference To Meditation, Relaxation.	14 /1/2018	10:30 a.m. to 11:15 a.m.
Emergent Mental Phenomenon In Practice Of Mindfulness	14 /1/2018	11:30 a.m. to 1:15 a.m.
1.15pm to 2pm Lunch Break		

Post lunch

Mindfulness Fundamental Ideas And Secular Practice	14 /1/2018	2:00 p.m. to 3:30 p.m.
Mindfulness Practice	14 /1/2018	3:45 p.m. to 4:30 p.m.
Handling Patient's Questions Regarding Mindfulness Skills And Proficiency	14 /1/2018	4:30 p.m. to 5:30 p.m.

Participants fees Rs.100/- towards MMC certificate.

Limited seats

For Registration please send email to: mindfulpsychiatrists@gmail.com