

Register Now!

Early Bird Registration Ends: March 22, 2019

Second Conference of the **uOttawa Brain and Mind Research Institute** **Academy of Mindfulness and Contemplative Studies**

Conference Theme: Transitions, Transformations,
Transcendence: Contemplative Practices for the 21st Century

Register Now: <https://tinyurl.com/AMCS2019>

Date: April 25, 2019

Time: 8:00 am - 4:00 pm

Location: Huguette Labelle | Tabaret Hall, uOttawa
550 Cumberland St., Ottawa, ON



Keynote Speaker

Dr. Linda Carlson is Full Professor in Psychosocial Oncology at the University of Calgary and holds the Enbridge Research Chair in Psychosocial Oncology. Her research in Mindfulness-Based Cancer Recovery has been published in high-impact journals and book chapters, and she is co-author of *Mindfulness-Based Cancer Recovery: A step-by-step MBSR approach to help you cope with treatment and reclaim your life* and *The Art and Science of Mindfulness: Integrating mindfulness into psychology and the helping professions*.

Program Description

This 1-day conference is designed for researchers, scholars, physicians, other health care providers and students with an interest in mindfulness and contemplative studies. By attending this conference, the participant will gain knowledge of the role of these philosophies and practices in mediating understanding and facilitating processes supporting integrative oncology interventions, conscious aging, death and dying, and self-transcendence. The therapeutic potentials of the embodied practice of yoga, research of contemplative practices in palliative care and notions of self-transcendence within various spiritual and contemplative traditions, will be explored. Participants will hear a keynote address from Dr. Linda Carlson on mindfulness meditation for cancer recovery and a talk from the renowned bhikkhu Ajahn Viradhammo on the role of mindfulness in promoting wellbeing.

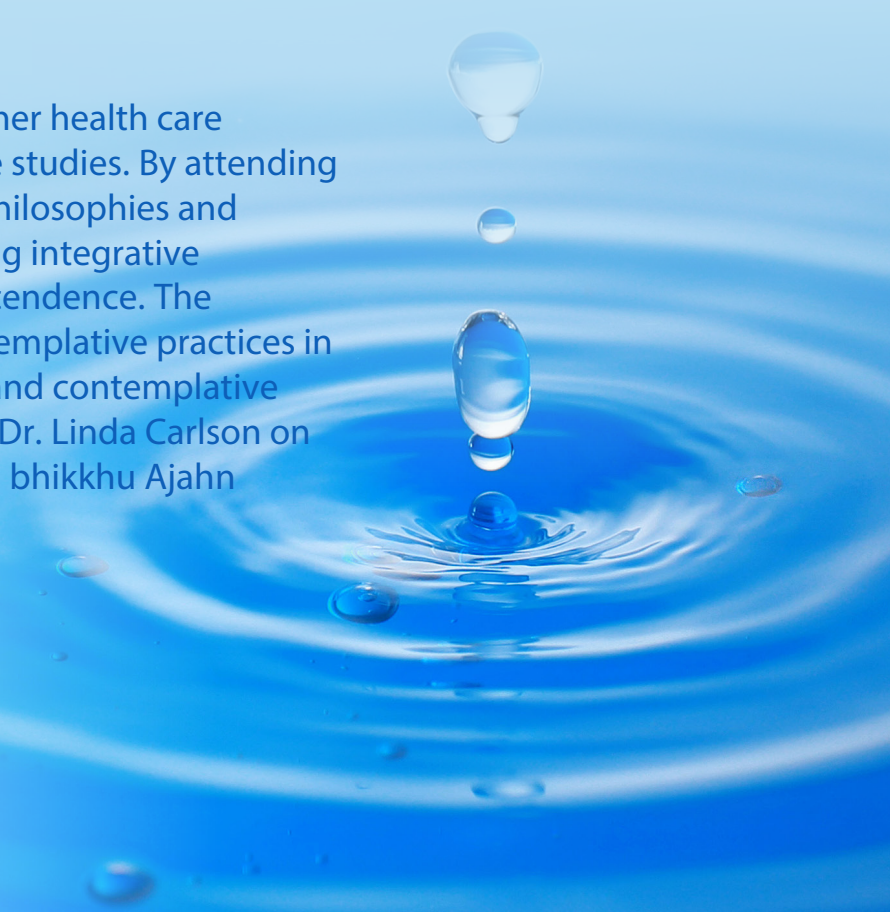
uOttawa Brain and Mind Research Institute

For more information, please contact us directly:

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Email: uottawabmri@uottawa.ca

Event Details: <https://tinyurl.com/uoevents19>



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