

Being with Yourself, Not Against Yourself: Mindfulness for Flourishing in Graduate School

[7/15 (Wed.) 13:00 ~ 15:00]
(1:00-3:00PM)

Hokkaido University Conference Hall

Conference Room 1 (学術交流会館 第一会議室)

Together, we'll explore how cultivating awareness of the present moment can help us reconnect with our own values, calm our inner critic, and meet our work—and ourselves—with greater compassion and clarity through simple, brief mindfulness practices.



Lecturer **Kento Suzuki**

REPRESENTATIVE DIRECTOR,
MINDFUL AWARENESS CULTIVATION ASSOCIATION

For more details→



* Seminar will be conducted **in English**

* Graduate students and postdoctoral fellows affiliated with the consortium

<How to apply>

For registration;

Please click or scan this QR code→



Please register by 7/3 Fri. noon