

European Association for Mindfulness-Based Approaches (EAMBA)

And Lithuanian Association of Mindfulness-Based Psychology

are very pleased to invite you to the

1st EAMBA conference for mindfulness teachers and practitioners in Vilnius,

Lithuania on 23rd August, 2019

CONTINUOUSLY PRACTICING TO EMBODY MINDFULNESS IN THE BUSY WORLD

The aim of the conference is to support people who aspire to develop their skills as mindfulness teachers as well as feel connected to the mindfulness teachers' community. Therefore, it will be very practical. We are very happy to introduce a group of experienced presenters who will be delivering a keynote lecture and practical workshops on various topics.

THE PROGRAMME OF THE CONFERENCE:

10.00 – 10.15 (15')	Welcome from EAMBA Welcome from the Lithuanian Association
10.15 – 11.15 (40min+20 min for Q&A)	Keynote lecture: Mindfulness as a Cultural Competence in Modern Society (Günter Hudasch)
<i>11.15 - 11.45</i>	<i>Tea/Coffee break</i>
11.45 – 13.15 (90')	Parallel workshops: Workshop 1: Marketing yourself as a mindfulness teacher (Emmanuelle Roques) Workshop 2: Practical aspects of delivering MBCT to depressed patients (Petra Meibert and Mirka Bialobrzaska)
<i>13.15 – 14.15</i>	<i>Lunch</i>
14.15-15.45 (90')	Parallel workshops: Workshop 3: Teaching mindful movement to MBSR/MBCT participants (Lot Heijke) Workshop 4: Promoting and teaching mindfulness in business context (Zuzanna Ziomecka) Workshop 5: Professional and ethical issues in teaching MBCT groups (Pamela Duckerin)
<i>15.45-16.00</i>	<i>Tea/Coffee break</i>
16.00-17.30 (90')	Parallel workshops: Workshop 6: Working as an MBSR teacher with cancer patients (Maria van Balen) Workshop 7: Motivating participants to practice during and after an 8 week course (Katharina Müllen)
17.30 – 18.00	Closing the conference, discussion

OUR SPEAKERS AND PRESENTERS OF 90-MINUTE WORKSHOPS:



Keynote speaker: Günter Hudasch, the head of the German MBSR/MBCT association, MBSR teacher and teacher trainer

Keynote lecture:
Mindfulness as a Cultural Competence in Modern Society



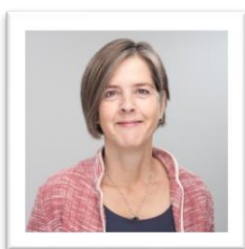
Presenter: Emmanuelle Roques, MBSR teacher and founder of the Mindfulness Social Club, France

Workshop 1: Marketing yourself as a mindfulness teacher



Presenters: Petra Meibert, psychotherapists and MBSR/MBCT teacher and teachers trainer, co-president of the German MBSR/MBCT association; and Mirka Bialobrzaska, psychotherapist and MBSR/MBCT teacher, Poland

Workshop 2: Practical aspects of delivering MBCT to depressed patients



Presenter: Lot Heijke, president of EAMBA, MBSR teacher trainer and yoga teacher trainer, the Netherlands

Workshop 3: Teaching mindful movement to MBSR/MBCT participants



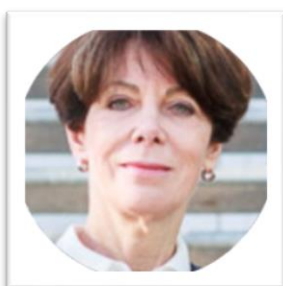
Presenter:
Zuzanna Ziomecka, journalist,
editor and MBSR teacher,
Poland

**Workshop 4: Promoting and
teaching mindfulness in
business context**



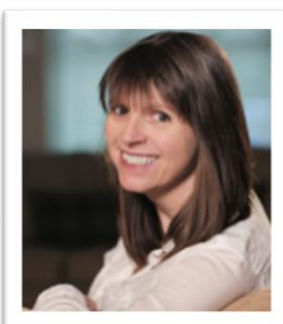
Presenter: **Maria van Balen**,
psychotherapist, MBSR
teacher and teacher trainer,
the Netherlands

**Workshop 5: Working as an
MBSR teacher with cancer
patients**



Presenter: **Katharina Müllen**,
MBSR teacher and vitality
trainer, Belgium

**Workshop 6: Motivating
participants to practice during
and after an 8 week course**



Presenter: **Pamela Duckerin**,
psychotherapist and MBCT
teacher and teacher trainer,
Bangor university, UK

**Workshop 7: Professional and
ethical issues in teaching
MBCT groups**

REGISTRATION AND FEES

If you would like to register, please fill in the following form until 1st of August 2019:

<https://goo.gl/forms/B9P9mjW9FK8JUvdw1>

Registration fee:

- **59 euro** - before 5th of May, 2019
- **75 euro** – after 6th of May, 2019
- **89 euro** - onsite registration

Registration fee gives admission to all the workshops and the keynote lecture, as well as coffee breaks. Lunch is not included but will be available onsite for a reasonable price.

Please note that your registration will be considered completed after the registration fee has been paid. Please transfer it to the account of the:

LITHUANIAN ASSOCIATION OF MINDFULNESS-BASED PSYCHOLOGY

Address: Tvirtoves aleja 90A, LT-50185 Kaunas, Lithuania

Code: 304113354 (No VAT)

Bank's name: Swedbank AB

Address: Konstitucijos pr. 20A, 03502, Vilnius, Lithuania

SWIFT: HABALT22

IBAN: LT447300010144909310

If you cancel your registration before 1st of August 2019, we will refund 70% of the amount you paid.

If you cancel after 1st of August 2019, there will be unfortunately no refund.

The conference will take place at Grata Hotel, Vytenio street 9, Vilnius, Lithuania. If needed, accommodation for participants traveling from other cities or countries can be booked at Grata hotel. To book accommodation, please contact the hotel directly at <http://www.gratahotel.com/>.

If you have any questions please write to this e-mail: reda.repeckaite@neuromedicina.lt

We are very much looking forward to seeing you at the event!

On the behalf of the Organizing Committee,

Lot Heijke, President of EAMBA

Julius Neverauskas, President of the Lithuanian Association of Mindfulness-Based Psychology