

From **22th to 24th June 2009** Polish Mindfulness Association will be hosting in Warsaw **Jon Kabat-Zinn** Ph. D. with his wife Myla.

**As a part of Prof. Jon Kabat Zinn's stay the following events are planned:**

**Monday 22.06.09**

**2 pm.** Lecture for health professionals: **The Applications of Mindfulness in Medicine, Psychiatry, and Mental Health: Scientific Evidence and Clinical Practice**, in the main hall of Institute for Psychiatry and Neurology, Sobieskiego st. 9, free entry. Hosts of meeting are Polish Mindfulness Association as well as Warsaw's Branch of Polish Psychiatric Association.

**5.30 pm.** Open Lecture: **Coming to Our Senses: Healing Ourselves in Ways Little and Big Through Mindfulness**, in the hall no 218 of The Warsaw School of Social Sciences and Humanities (SWPS), Chodakowska st. 17

**Tuesday 23.06.09**

**3.30-4.30 pm.** Meeting with Myla and Jon Kabat-Zinn - promotion of their new book *Mindful Parenting* and other books published in Poland, in the hall of restaurant Biosfeera, 1st floor, Niepodległości st 80.

**5.30-8.30 pm.** Workshop (3h): **Mindful Parenting**, in the same place, paid entry 150 zł, for PMA members 130 zł

**Wednesday 24.06.09**

**11 am -6pm.** The whole day workshop (8 h): **Mindfulness Practice and Dialogue - With Jon Kabat-Zinn**. Address: Rondo One, building 2<sup>nd</sup> floor, Rondo ONZ 1, Warsaw, paid entry 250 zł, for PMA members 220 zł,

Registration and payment through internet

In case of workshops number of places is limited, priority of registration and payment count.

All lectures and workshops are translated into Polish.