

# SMC 8<sup>th</sup> Annual Conference 2020

## From the cushion to the street: How can mindfulness help us respond to the world's crises?

Friends Meeting House, Ship Street, Brighton BN1 1AF

**Friday 12<sup>th</sup> June 2020**

9:30am to 4:30pm (registration from 9am)

Critics of mindfulness have accused it of encouraging a passive, introspective approach to injustice, inequality and the climate emergency. Is this fair? As these problems become more acute in our times, this conference challenges us to use mindfulness to be active and engaged in response.



- Opening address from Peter Molyneux, Chair, Sussex Partnership
- Byron Lee: **'An Anti-oppressive Mindfulness - is a radical agenda needed to shape the future?'**
- Yanai Postelnik: **'Mindfulness in the Time of Extinction: contemplating the inseparability of inner peace and outer transformation.'**
- Clara Strauss & Robert Marx: **'How can we create a more mindful workplace?'**
- Mike Hales: **'From the street to the cushion** 1. Clinging to everyday 'inescapable' trouble may be a block on entering therapy. 2 Mindfulness capacity may be a pivot of activism'

The conference is free for SMC advocates and for current/recent (over the last year) Sussex Partnership service users, SMC Trust Approved Mindfulness Teachers/ Practitioners and trainees, and SMC researcher staff and students. The conference is £20 for other Sussex Partnership staff and £75 for the public. You will be provided with a Continued Professional Development certificate. Tea and coffee will be provided, but not lunch.

**Tickets bookable via Eventbrite:** <https://sussexmindfulnesscentreconference2020.eventbrite.co.uk>  
Email: [smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk) Web: <https://sussexmindfulnesscentre.nhs.uk/events/conferences/>  
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