

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

マインドフルネスセミナー英語版

[ 1/16 FRI. 10:00 ~ 12:00 ]

Zoom meeting(Live from USA)

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.

Registration 1/5 MON.



Lecturer **Kento Suzuki**

REPRESENTATIVE DIRECTOR,  
MINDFUL AWARENESS CULTIVATION ASSOCIATION



- \* Seminar will be conducted **in English**
- \* Graduate students and postdoctoral fellows affiliated with the consortium
- \* For more details : <https://bit.ly/3KG1CSj>

## <How to apply>

Please contact your university.

<https://ccdp.synfoster.hokudai.ac.jp/about/list>



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