

Mindfulness on the Margins 2:

The power and politics of mindfulness in society

Two-day unconference / participatory workshop

The Beeches, Bournville, Birmingham, UK, 19-20 April 2018

This event will bring together mindfulness practitioners and researchers from diverse backgrounds and viewpoints to explore the following overarching theme:

What are the implications and possibilities for social, political and environmental change as mindfulness practice becomes more widespread in society?

Who is it for? Mindfulness practitioners and researchers interested in this theme, working in communities, schools, universities, government, public sector, business, civil society and social movements etc.

The aim: to promote debate, share innovation and inspire new ideas. To connect with others and deepen relationships in a growing community of socially-engaged mindfulness practitioners and researchers.

The format: participatory - including opportunities for participants to shape the programme and present their work, open spaces for discussion, and workshops on particular themes. There will also space for mindfulness practice.

Themes and topics will be co-created by participants but we expect they could include:

Social and political change: *What are the opportunities and risks for progressive social change as mindfulness, in various forms, becomes more prevalent? What is the relevance of mindfulness in the context of political concerns such as rising nationalism and intolerance; economic insecurity; neoliberalism; and climate change?*

Power, privilege, diversity, identity: *How do/should/could mindfulness approaches respond to these issues? How can the pool of mindfulness teachers become more diverse, and courses and teacher training be more accessible for all groups across society?*

Economics, consumption and sustainability: *How might mindfulness practice subvert the power of the 'attention economy' and consumer culture, and enable ways of life that promote environmental and social sustainability as well as wellbeing?*

Social change practice: *What can mindfulness training and practice offer to activists and change-makers and how might courses be adapted for this purpose?*

Community development and organisational change: *What are the limitations of individualised approaches and how can groups, communities and workplaces be transformed to support the mindfulness and wellbeing of individuals?*

Standard rate: £210

Reduced rate: £170 (full time students and low income)

Includes one night's single room at the Beeches (19 April)

[Click here for booking form](#)

Event organisers:

Alison Armstrong, Present Minds / University of Surrey
Meg-John Barker, Open University
Paula Haddock, Mindfulness and Social Change Network

Rachel Lilley, Aberystwyth University
Steven Stanley, Cardiff University
Luke Wreford, Mindfulness and Social Change Network