



Mindfulness and Contemplative Practices

Lecture Series (and Practice)

For a Zoom link, please e-mail Albert Banerjee, abanerjee@stu.ca

Friday 18 February 2022 2-3pm

Yogic Meditation:

A Personal and Professional Journey

Albert Banerjee, Department of Gerontology, St. Thomas University

Friday 18 March 2022 2-3pm

True North Insight: Building Community

Cynthia Davis, Program for Community Meditation Teachers, True North Insight

Friday 22 April 2022 2-3pm

Introduction to Nature and Forest Bathing

Monika Stelzl, Department of Psychology, St. Thomas University

Please note: All talks will be accompanied by an experiential/mindfulness practice.

Hosted by the Mindfulness and Contemplative Practices Network of Fredericton.

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