

Mindfulness, Meditation and Prayer

Locations	Cadbury Room, St Francis Hall
Date(s)	Wednesday 12th (14:00) - Wednesday 19th March 2014 (17:00)
Contact	Rev Catherine Shelley chaplancy@contacts.bham.ac.uk 0121 414 8151

Download [Add to Calendar \(/events/lectures/mindfulness-meditation-and-prayer.aspx?ical=true\)](/events/lectures/mindfulness-meditation-and-prayer.aspx?ical=true)

The Chaplaincy presents two sessions on seeking stillness through practices of meditation and mindfulness from different traditions.

The first session (12 March) will include an outline of the different approaches to be explored during the two afternoons, which will include Mindfulness, Imaginative Prayer, Emptying Prayer and Sufism. Each introduction will provide an opportunity to experience the practice, followed by the chance to join workshops for each type of meditation for a longer time during the afternoon. The session will close with opportunities for questions and feedback.



The second session (19 March) will provide opportunities to explore any or all of the types of meditation further with longer and more in-depth workshops over the course of the afternoon. The session will close with an opportunity for feedback and consideration of whether to continue the sessions during the exam term.

The following practices will be included: Imaginative Meditation – Una Coogan (Catholic) Mindfulness – Keith Munnings (Buddhist) Emptying Meditation – Rev Catherine Shelley (Anglican) Sufism – Shahin Ashraf (Muslim)

There will also be a wider team of chaplains present to provide ongoing support and guidance at your request, including: Rev Alison Joyce (Anglican) Rev David Bird (Baptist) Maha Laow (Buddhist) Richard Tuckett (Quaker) Fr John Nankivell (Christian Orthodox) Anthea Harris (Anglican)

