



ASIA-PACIFIC MINDFULNESS CONFERENCE 2022



20 Workshops for only \$120
SG Citizens and PRs turning 50 and above: 50% subsidy.
SkillsFuture Credits can be applied

Guest-of-Honour

Ms Rahayu Mahzam
Senior Parliamentary Secretary,
Ministry of Health



Personal Development & Education Workshops

23-24 July 2022 (online) | 8.30am-9.30pm

Transforming your learning, teaching & personal development approaches



Mindfulness & Positive Psychology

Dr Christopher Willard
Psychologist & Author
Harvard Medical School



Mindfulness and Health Professional Education

Prof Craig Hassed
Director of Education,
Monash Centre for
Consciousness and
Contemplative Studies



Mindfulness: Transformative Tool in Student and Self

Adj. A/Prof Angie Chew
Mindfulness Principal &
CEO Brahm Centre



Innovative and Grounded Ways to Enhance Wellness Over Generations

A/Prof Eric Loucks
Director, Brown
Mindfulness Centre
& A/Prof of Behavioural
and Social Sciences,
Brown University



Eating Right for Brain Development

Dr Naras Lapsys
Molecular Geneticist
& Nutritionist



Mindfulness in Parenting

Eluned Gold
Psychotherapist &
Developer of *Nurturing
Parents* Course
Bangor University



Mindfulness for Children and Teens (9-14 years old)

Ben Chalwin
Teacher
Mindfulness in Schools
Project, UK



Mindfulness for Pre-schoolers (3-6 years old)

Faiy Rushton
Teacher
Mindfulness in Schools
Project, UK

For Clinicians:
CME, CPE, CNE points

For more speakers and topics, visit: asiapacificmindfulnessconference.com
Registration Link: <https://apmcworkshops.eventbrite.sg>

Co-Organisers:



International Partners:



Speakers & topics subject to changes