



**27. November - Oslo, Norway**  
**Mindfulness and the Wisdom of the Body-Mind**

**A Seminar for Leaders and People Working with People**  
with Siegmur Gerken, Ph.D.

**The topics will include:**

- ***Principles of Mindfulness*** and their practical application;
- ***The Flow of Life*** and how to support it - an energy concept of the body-mind and its integration into the personal and professional life;
- ***Ways of Relating*** - intra-personal, inter-personal, inter-social and trans-personal aspects of living;
- ***The Social Brain*** - its neuroscientific foundations and how we can form healthy relationships, build creative and productive workplaces and a creative society.

Short, concentrated lectures will summarize the topics with today's cutting edge knowledge and will lead to questions and answers and individual and group experiences.

***Take home knowledge and tools that you can directly apply in your life and profession.***