

Friday 22 March – Workshops

12h00 – 17h00	Insight Dialogue: A mindful conversation on Race	Facilitators: Nolitha Tsengiwe and Chandasara
12h00 – 17h00	Mindfulness Supervision: a masterclass for established teachers	Rebecca Crane
12h00 – 17h00	Mindfulness at Work / in Business / in Leadership	Casper Oelofsen, Linda Kantor and Megan Reitz

Saturday 23 March – Conference Day 1

08h15	Honouring the Earth; Welcoming the Ancestors	Mandaza Kandemwa
08h30	Welcome	Simon Whitesman
09h00	Keynote: “Mindfulness in Context: Past, Present and Future”	Mark Williams
10h00	Keynote: Inhabiting the tensions: balancing fidelity and creativity in adapting Mindfulness-Based Programs	Rebecca Crane
11h00	TEA BREAK	
11h30	Lekgotla Gathering 1: The Value of Mindfulness in an Increasingly Troubled Society	Jon Kabat-Zinn, Jay Naidoo, Nobantu Mpotulo Facilitators: Kevin Bloom & Simon Whitesman
13h00	LUNCH BREAK	
14h00	Breakaway Sessions	Thanissara

	<p>No 1: Workshop: Meeting Crisis with Consciousness: From Emergency to Emergence</p> <p>No 2: Mindfulness in Health</p> <p><i>Creating an adapted mindfulness-based stress reduction intervention for female sex worker in Soweto, South Africa.</i></p> <p><i>Mindfulness in the context of a teen Grief Support programme</i></p> <p><i>Is there a role for Mindfulness Based Interventions (here defined as MBCT and MBSR) in facilitating optimal psychological adjustment in the menopause?</i></p> <p>No 3: Mindfulness in Business and Leadership</p> <p><i>On productivity, power and multiple perspectives: Participant reflections on mindfulness at work</i></p> <p><i>Mindfulness in Leadership Development through Ubuntu Intelligence Coaching.</i></p> <p><i>Speaking Truth to Power...Mindfully.</i></p> <p>No 4: Mindfulness in Education and Parenting</p> <p><i>An integral approach to Mindfulness for children and adolescents in South Africa</i></p> <p><i>From the Inside Out: cultivating the capacity to parent mindfully, towards a vision of communities at peace</i></p> <p><i>Mindfulness Based Interventions for the Children in Turkey</i></p>	<p>Moderator: Janine Kirby</p> <p><i>Jenny Coetzee</i></p> <p><i>Deborah Diedericks</i></p> <p><i>Wendy Molefi-Youri</i></p> <p>Moderator: Anneke Kirsten-Barnard</p> <p><i>Linda Kantor</i></p> <p><i>Dumisani Magadlela</i></p> <p><i>Megan Reitz</i></p> <p>Moderator: Mark Williams</p> <p><i>Katja Fleck</i></p> <p><i>Sarah Foale</i></p> <p><i>Bilge Uzun</i></p>
15h30	TEA BREAK	
16h00	Keynote: Waking Up to Who We Are: Healing Ourselves, Each Other and The Planet	Mandaza Kademwa

17h15	Keynote: Being Mindful of Race: Transforming Racism From The Inside Out	Ruth King
18h30	Poster Session	
18h30	Welcome Reception	Musicians and Artists from The Nirox Sculpture Park

Sunday 24 March – Day of Practice and Enquiry – Day 2

09h00 – 17h00	Facilitators: Mark Williams, Nolitha Tsengiwe and Rebecca Crane <i>Tea Break at 10h45 – 11h00</i> <i>Lunch at 13h00 – 14h00</i>
17h00 – 18h00	Silent Walk through Maropeng Museum (<i>Optional</i>)

Monday 25 March – Conference Day 3

08h00	Silent Mindfulness Practice (optional)	
08h30	Keynote: Inimba – Embodied Compassion and Mutuality	Pumla Gobodo-Madikizela
09h30	Keynote: Mindfulness, Identity and Social Justice	Rhonda Magee
10h30	TEA BREAK	
11h00	Lekgotla Gathering 2: Trauma Sensitive Mindfulness	Moderator: Pete Milligan Presenter: David Treleaven Panel: Pumla Gobodo-Madikizela, Paula Ramirez
12h30	LUNCH BREAK	
13h30	<p>Breakaway Sessions</p> <p>No 1: Workshop: Freedom through Non Dual Mindfulness</p> <p>No 2: Mindfulness and Social Justice</p> <p><i>Teaching, Learning from South-African and African-American Experiences in the Struggle for Justice.</i></p> <p><i>We are the land walking: Mindfulness, Land Reform and Spatial Justice.</i></p> <p><i>Our Differences – An antidote to Inclusivity</i></p> <p>No 3: Mindfulness and Trauma</p> <p><i>Mindfulness and PTSD-A Personal Journey</i></p> <p><i>Staging Trauma / Performing Healing: Mindfulness based approaches to the Theatre of Trauma-Tragedy</i></p>	<p>Kittisaro</p> <p>Moderator: Thanissara</p> <p><i>Rhonda Magee</i></p> <p><i>Herman Holtzhausen</i></p> <p><i>Lebogang Mohlala</i></p> <p>Moderator: David Treleaven</p> <p><i>Julie Deane-Williams</i></p> <p><i>Anton Krueger</i></p> <p><i>Kanthamoney Pillay</i></p>

	<p><i>Mindfulness as an intervention for Traumatic Stress in high violence, low resource settings</i></p> <p>No 4: Mindfulness in the Community</p> <p><i>Mindfulness for Mental Health and self-care in humanitarian contexts: an experience from UN camps in South Sudan</i></p> <p><i>Coming Back to Ubuntu with the Practice of Mindfulness</i></p> <p><i>The lived experiences of community-based caregivers using body-mind-spirit practices (with mindfulness as the basis of this work).</i></p>	<p>Moderator: Diana Sanchez Betancourt</p> <p><i>Paula Ramirez</i></p> <p><i>Pateka Mtinstsilina</i></p> <p><i>Yasmin Turton</i></p>
15h00	TEA BREAK	
15h30	Lekgotla Gathering 3: The Ground Beneath Our Feet: Mindfulness in an African Context	<p>Facilitator: Lucy Draper-Clarke</p> <p><i>Panel: Linda Kantor, Abegail Ntleko, Sinethemba Mkanya</i></p>
17h00	Closing Words & Closing Practice	Mark Williams
17h15	Honouring the Earth, Gratitude to the Ancestors, Releasing the Energies	Mandaza Kademwa