



Southern Synergy Mindfulness Program

September 2022 Newsletter



Final update on the International Conference on Mindfulness (ICM) Asia Pacific 2022 in Melbourne November 15-18

Conference theme: Contemplative Practice for the 21st Century

A global pandemic, the climate and biodiversity crisis, racism, inequality, and the list goes on. How can contemplative practices help us understand and respond to complex social and environmental challenges... and help us make a positive difference in the world?

Does meditation make us moral?

How can neuroscience help us distinguish helpful meditation practices from commercial hype?

Can mindfulness improve how our heart and nervous system functions?

What is the relationship between psychedelics and mindfulness?

How can mindfulness help with substance use disorders and addictions... and even food cravings?

Is mindfulness just a placebo?

How much practice is needed? How can we even find time for practice in the high-speed world we live in?

What does mindfulness look like in the age of zoom?

These are just a snapshot of some of the questions being considered at our forthcoming International Conference on Mindfulness Asia Pacific. Alongside workshops and discussions on art, creative writing,

poetry and even gardening, this conference is certain to have something for everyone!

There is now less than two months to go before our conference commences but it is not too late to take advantage of our limited early bird registration prices if you register by 30 September.

A draft program will be available on our website from 23 September.

Early Bird rates

Full Registration - \$600 incl. GST (was AUD\$750)

Student Registration - \$450 incl. GST (was AUD\$550)

Register by 30 September

We are currently finalising preparations for our additional in-person experiences which will be available as paid add-ons including a special retreat day. Click on the button below for further information and to register.

We will soon have details about our other face-to-face offerings including some fun evening social events and our in-person conference days to be held at Monash University Caulfield (Building H, Room 116) on Tuesday 15 November and at the University of Melbourne (Singapore Theatre in Melbourne School of Design) on Friday 18 November.

Visit www.icmmelbourne2022.org and subscribe to email updates to keep abreast of all these developments and more!

We look forward to seeing you at the International Conference of Mindfulness Asia Pacific 2022 in November.

[Register now](#)



Weekly Mindfulness Session

Ah, the COVID juggle... after managing just one in-person Mindfulness session in Dandenong Hospital's Sacred Space, which was very well-attended, we had to return to online delivery under Monash Health working from home recommendations. With the recent easing of restrictions at Monash Health due to decreasing COVID-19 cases in the community, we are hopeful of being able to start in-person sessions again soon - and hopefully have it last longer than one week this time!

Please join us!

Time: Every Thursday from 2.30 to 3.00pm

Cost: None

Online event link: Please click the button below.

Or, go to <https://monash.zoom.us/join>

Meeting ID: 861 4727 6384

Passcode: 952630

Note that due to the public holiday, there will be not be a mindfulness session on Thursday 22 September.

Online event link



Day of Mindfulness at the Abbotsford Convent

A Spring Day at the Abbotsford Convent is something to behold. We already have a dozen people registered for our final Day of Mindfulness for 2022 at the Convent - why don't you join us?

As noted in our last newsletter, we are aiming to make this an extra special event facilitated by all team members including Graham Meadows, Fran Shawyer and Lana Sciberras. The reason for this is that Professor Graham Meadows is stepping down as Director of Southern Synergy at the end of 2022 and so it is not clear at this stage whether the Days of Mindfulness will continue in 2023. We would love to see you at what might be the final opportunity to come along.

The Day will be held on Saturday 8 October in the Salon. Register and pay online using the button below. Numbers are limited so we suggest you register early if you wish to attend. We are also keen to use our seven free "pay-it-forward" places available for Health Care Card holders (or two full-fee places). Email southern.synergy@monash.edu if you wish to access one of these places and feel free to share this opportunity with others who may be interested.

Register and pay online

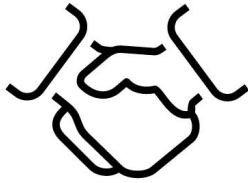


Mindfulness Quote

No matter who we are, no matter how successful, no matter what our situation, compassion is something we all need to receive and give."

- Catherine Pulsifer

Partner Acknowledgement



This eNewsletter was produced in partnership with Monash Health.

For any enquiries, please email Dr Frances Shawyer e: frances.shawyer@monash.edu



We acknowledge and pay respects to the Elders and Traditional Owners of the land on which our Australian campuses stand. Information for [Indigenous Australians](#).

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