



Southern Synergy Mindfulness Program

March 2021 Newsletter

Centres of Contemplation Launch

Two brand new centres of contemplation will be launched in early 2022. The new Centres led by Professor Jakob Hohwy at Monash University and Dr Nicholas Van Dam at the University of Melbourne, have received \$12 million and \$10 million in philanthropic funding from Martin and Loreto Hoskings' Three Springs Foundation.

The Centre will be led by philosophers and humanities researchers and house neuroscientists, psychologists, and medical doctors. It will be a leading research centre for consciousness and contemplative studies, teaching contemplative practices to students and the broader community, and will also conduct interfaith dialogue.



Join the ICM 2021 in Denmark

The theme for this year's International Conference on Mindfulness (ICM) is 'Diversity and equality - leaving no one behind', taking place on 5-9 July 2021.

Throughout the week, you will get the opportunity to participate in talks, workshops and symposia, highlighting the importance of mindfulness in our society.

An abstract has been submitted from the Southern Synergy team and other colleagues as an oral presentation, exploring the topic of 'The contemporary mental health care system is a threat to mental health – can mindfulness help?'.

Interested to attend? Early bird registration closes on 1 June 2021.

[Read more](#)



Update on the ICM Asia Pacific 2022 in Melbourne

As COVID-19 restrictions begin to ease in Australia, we are now progressing conference preparations for the ICM Asia Pacific 2022 conference to take place in Melbourne from 15 - 18 November 2022.

As part of the conference activities, we are also considering running a weekend retreat from 19 - 20 November 2022, that will offer participants the opportunity to deepen their mindfulness practice under the guidance of an experienced meditation practitioner. We would love to hear if that's something you would be interested in taking part in.

You may have even noticed that we now have an updated logo. Our conference website will also be coming soon - watch this space!

[Read more](#)



“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”

— origin uncertain

Partner acknowledgement

This eNewsletter was produced in partnership with Monash Health.

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

Weekly mindfulness

Our weekly mindfulness sessions taking place every Wednesday will now be offered face-to-face, following COVID-safe guidelines.

Join us for the upcoming session:

Date: Wednesday 28 April 2021

Time: 2.30 - 3.00pm

Location: Dandenong Hospital - Sacred Space

A Look Back

We were lucky enough to host our first Day of Mindfulness event on 27 March 2021 at the

Abbotsford Convent. The in-person event welcomed 22 guests and was facilitated by Clinical Psychotherapist, Lana Sciberras.

The event offered the opportunity for participants to set aside their usual busy lives and instead immerse themselves in the practice of mindfulness under conditions of silence and simplicity. By removing distractions and verbal communication, participants can reach a deeper level of contemplation and presence.

Interested to join our upcoming events? We're planning to schedule another event on 14 July and 13 November 2021. To register your interest, email southern.synergy@monash.edu



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