

# Being with Yourself, Not Against Yourself: Mindfulness for Flourishing in Graduate School

[ 7/15 (Wed.) 13:00 ~ 15:00 ]  
(1:00-3:00PM)

Hokkaido University Conference Hall  
Conference Room 1 (学術交流会館 第一会議室)

Together, we'll explore how cultivating awareness of the present moment can help us reconnect with our own values, calm our inner critic, and meet our work—and ourselves—with greater compassion and clarity through simple, brief mindfulness practices.



Registration 7/6 (Mon.)

Lecturer Kento Suzuki

REPRESENTATIVE DIRECTOR,  
MINDFUL AWARENESS CULTIVATION ASSOCIATION

- \* Seminar will be conducted **in English**
- \* Graduate students and postdoctoral fellows affiliated with the consortium
- \* For more details : <https://bit.ly/4oagfKM>

<How to apply>

Please contact your university.  
<https://ccdpsynfoster.hokudai.ac.jp/about/list>

