**Mindfulness Workshop – hosted by Lozang Tsultrim**

**12.50pm – 1.30pm, Saturday 28 September – venue to be advised on the morning of the conference**

Buddhist nun Lozang Tsultrim runs mindfulness workshops with a secular focus at the Chenrezig Institute of Buddhist Studies at Eudlo on the Sunshine Coast. Tsultrim is a qualified counsellor and Master of International Studies in Peace and Conflict Resolution, with over 20 years experience in the community sector.

Mindfulness is not a complicated concept, it is simply about paying attention and noticing everything in any moment. When we become mindful, we see things we missed before, we see how we engage with the world, how we think, speak and behave.

If we raise our conscious awareness we can exist in the best possible way, developing more awareness and making better choices - not just based on self interest. We are able to start thinking more deeply about things like compassion, restraint, and acceptance of universal responsibility for the well-being of the Earth.

The mindfulness techniques which Tsultrim will present are very simple, being no longer than five minutes. Who has time to sit for 20 minutes and focus on the breath?