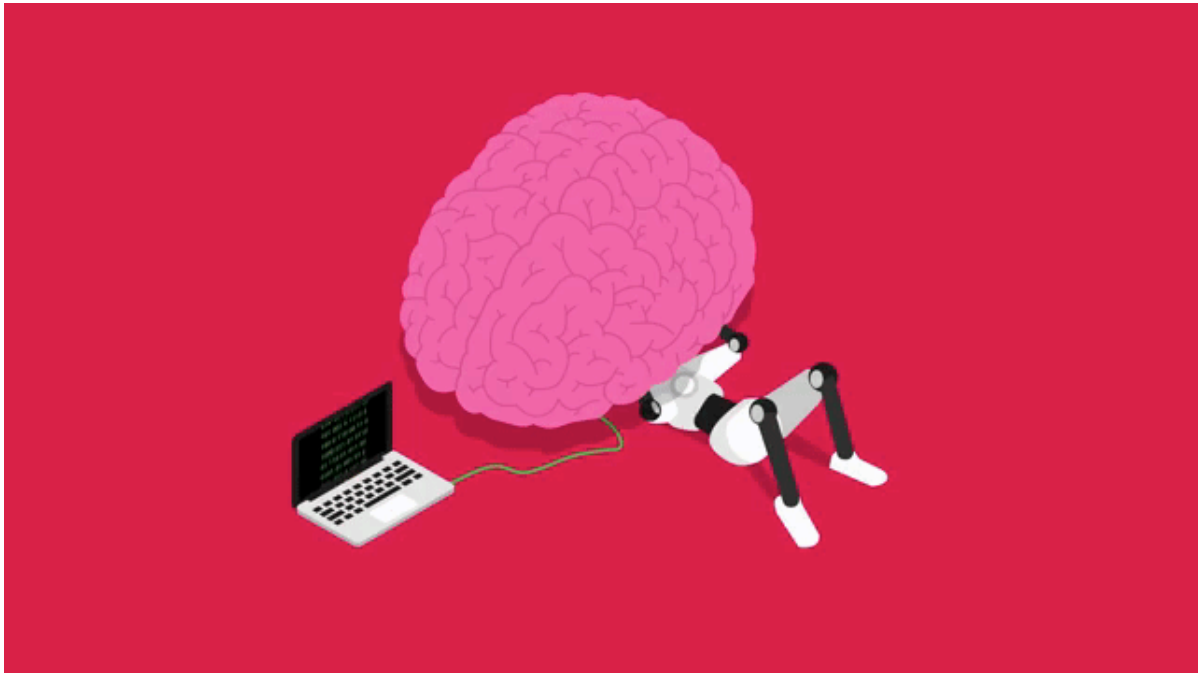


Own your own mind in the face of digitalization and AI

Mindfulness-Workshop in Basel

April 6th 2019

led by Iris Uderstädt, mindful@work



Picture: Gerd Leonhard

Join in for a short Pilot Workshop exploring challenges of the digital age and ways to stay in the game while growing as human beings.

The weekend will encompass:

- Short talks from Iris
- Mindfulness practices (Sitting Meditation Practice, Walking, short Feldenkrais sequences)
- Sharings and discussions

We will meet in a small group: 6 participants max!

Time: Saturday 10.00 – 17.00 (with lunch break)

Contribution: 180 Fr

Location: Hardstrasse 1, 4052 Basel

Please register by email: info@mindfulatwork.ch