



**ICM Asia Pacific 2019**

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

**ICM Asia Pacific 2019 Talk – Tony Fernando**  
**Mindfulness + Compassion = Kindfulness**

Is "mindfulness" enough? There seems to be an explosion of mindfulness everywhere, from mindful parenting, mindful eating, mindful running and even mindfulness in parliament. If we stick only to "mindfulness", which is being present, and accepting, are we missing something else? In this session, we will discuss that "mindfulness" practice is not enough. There is much more to mindfulness than being aware and present. The speaker will talk about compassion as informed by personal experience and research evidence. More importantly, ways to practise mindfulness with compassion will be covered. May we all practise mindfulness and compassion, or KINDFULNESS.

