



**ICM Asia Pacific 2019**

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

## **Full-Day Workshop / Mini-Retreat**

### **Travelling on the Ancient Path of Transformation and Wisdom: A Day of Mindfulness Practice and Dialogue with Bruno Cayoun**

In this one-day retreat, we will practice the cultivation of mindfulness, as taught in the ancient teaching of Vipassana meditation. The retreat will include intermittent group dialogue grounded in our first-person experience. We will look at the differences between the relaxing effects of sustained attention and the transformative effects of traditionally-taught mindfulness meditation. We will discuss and experience first-hand how our perception of what arises during practice is conditioned by our history, and how skilful practice of mindfulness can rapidly neutralise the unhelpful emotional content of our emerging memories. We will discuss how the experience of our sense of self can be altered by accurate practice and how this can promote more flexibility in our way of thinking and responding to challenging situations. In sitting meditation, we will practice mindfulness of breath, basic and advanced body-scanning methods, and loving-kindness meditation. We will also practice mindful walking and interpersonal mindfulness. We will apply unbiased attention and equanimity, even with unpleasant thoughts and emotions, which will guide a discussion on dealing with what has been perceived as aversive “side-effects of mindfulness”. Time permitting, we will also discuss the clinical implications and potential benefits of these contemplative practices, as well as their beneficial effects on well-being for people seeking to enhance their quality of life and personal growth. This experiential workshop is designed for both regular practitioners and people new to mindfulness.

#### **Bruno A. Cayoun**

Dr Bruno Cayoun is a clinical and research psychologist and principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT). He is the founder and Director of the MiCBT Institute, a leading provider of MiCBT training and professional development to mental health services and professional associations internationally since 2003. He keeps a private practice in Hobart, Australia, undertakes mindfulness research at the MiCBT Institute, and cooperates on mindfulness-based research with various universities. He has practised mindfulness meditation in the Burmese Vipassana tradition of Ledi Sayadaw, U Ba Khin and S. N. Goenka and undergone intensive training in France, Nepal, India, and Australia since 1989. He is the author of *Mindfulness-integrated CBT: Principles and Practice* (Wiley, 2011) and *Mindfulness-integrated CBT for Well-Being and Personal Growth* (Wiley, 2015), co-author of a new book, *The Clinical Handbook*





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of *Mindfulness-integrated CBT: A Step-by-Step Guide for Therapists* (Wiley 2018). See [www.mindfulness.net.au](http://www.mindfulness.net.au) for further information.

## Venue & Booking Details

Date: Saturday 09 February, 2019 – full day (9:00am until 5:00pm)

Location: Grand Ballroom at the [Grand Millennium Auckland](#), 71 Mayoral Drive (Cnr Vincent Street), Auckland

Price: Students \$140, Non-Students \$190

To Book: Please [go online](#) or visit <http://www.icm2019.org/registration.html>

*A light lunch will be provided at the venue.*

