



MEDITATION & WORK

Practices for Prosperity?



7TH MARCH 2024



6-7.30 P.M., FOLLOWED BY DRINKS AND SNACKS

CONTRIBUTION TOWARDS EXPENSES: 10 CHF

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ZURICH

Why do large companies increasingly offer meditation practice training for their staff? What advantages for their mental and physical well-being are employers and employees hoping for?

The event "Meditation and Work: Practices for Prosperity?" examines the potential of meditation practices for the work environment and for individual well-being. Moreover, the panel discussion takes a critical look at how meditation practices are strategically applied to increase efficiency.



Guests at the Panel:

Fr. Laurence Freeman

Director of The World Community for Christian Meditation

Nicola Ehrli

Coach, Conflict-Consult and MBSR-Teacher

Assistant Prof. Rasmus Lund Rosenkrands

Public Health Expert and Physiotherapist

Presentation:

Prof. Dr. David Atwood

Managing Director of the Center for Religion, Economy and Politics

Maike Sieler

PhD candidate at the Department of Religious Studies of the University of Zurich