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## **ROSHI JOAN HALIFAX**

### **GUIDED LIVE ONLINE MEDITATION AND Q&A SESSION**

Dearest friend of BFC,

We are delighted to announce that no one less than Joan Halifax will guide a live online meditation and Q&A with us on **Thursday 17 March!** The regular price for our online webinars is €10, but we are offering you this webinar for free with the **coupon code JH2022**. We would appreciate if you'd make a donation to one of the funds or projects to support [Roshi Joan's work](#). The session will be in English.

Hopefully see you on March 17th.

Heartfelt greetings on behalf of the BFC CCMM team,

**Barbara Doleman-van Veldhoven**

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### A SESSION BASED ON G.R.A.C.E.

On March 17th Roshi Joan will be guiding a meditation and Q&A session based on G.R.A.C.E.: an acronym for Gather attention, Recall intention, Attune to self/other, Consider what will serve, Engage and end. **G.R.A.C.E.** The session will be based on

Roshi Joan developed G.R.A.C.E., an active contemplative practice that is focused on cultivating compassion as we interact with others. It is also a powerful means for repairing and restoring those who face unprecedented challenges as they serve others. Drawing on neuroscience, social psychology, ethics, and contemplative perspectives, this scientifically grounded training enables one to foster specific elements allowing compassion and resilience to emerge.

*"We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury; it is a necessity for our well-being, resilience, and survival"*

**- Roshi Joan Halifax**

Secure your place now! >>

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**BARBARA FRANCISCA CAROLINA**

**B.F.C. - Be Free and Connected**

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Barbara is founder and director of BFC Compassionate Care & Mindful Medicine. Her background - in knowledge and experience - makes that she can bring the connection between healthcare, leadership, teamwork, science, mindfulness and spirituality in all clarity and into practice. She does this with light-footed earthliness, humor and acuity. National and international she works with experts on the field of integration of mindfulness & compassion in organisation and leadership. Barbara is a much sought after speaker, trainer and process facilitator.



Get in touch

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