

“Transforming Shame and Self-Loathing” Workshop
with Dr Janina Fisher

The Barbican, London

19th and 20th September 2014

PROGRAMME

Registration and all refreshments: **Conservatory Terrace, Level 4**

Sessions: **Frobisher Room 1, Level 4**

Friday 19th September

9.30am	Registration Coffee & pastries
10.00am	Mindfulness meditation* Session 1
11.15am	Morning coffee
11.40am	Session 2
1pm	Lunch
2pm	Session 3
3.30pm	Afternoon tea
3.55pm	Session 4
5.30pm	Finish

Saturday 20th September

9am	Coffee & pastries
9.30am	Mindfulness meditation* Session 5
11.15am	Morning coffee
11.40am	Session 6
1pm	Lunch
2pm	Session 7
3.30pm	Afternoon tea
3.55pm	Session 8
5.30pm	Close

*There will be no admission to the auditorium during the mindfulness meditation

As a courtesy to Janina Fisher and your fellow delegates, please be seated and ready to start the sessions on time.

There is a large block of toilets on Level 3 of the Arts Centre, in the corner between the Art Gallery and the Cloakroom. There is an even larger block on Level -01