

# ONE WORLD CENTRE

WORKING TOWARDS A JUST AND SUSTAINABLE WORLD

## *Mindfulness and Sustainable Consumption: From Research to Practice*

**Conversations with Dr Sonja Geiger**

Dr Geiger specialises in the area of cognitive psychology and sustainable consumption. She has been working in various research projects aimed at the determinants of sustainable behaviors and the design of according environmental educational interventions at the Ulm University and the Technische Universität Berlin.

In the research project BiNKA (German acronym for Education for sustainable education through mindfulness training) the TU research team explored different potentials of mindfulness meditation for raising people's holistic awareness of the consequences of our collective consumption patterns and promoting to change them towards more sustainable ones. In the workshop she will present some research results and practical guidance on how to use specific meditation exercises aimed on sustainable consumption for adolescents age 14-18.

**WEB LINK:** <http://www.oneworldcentre.org.au/hot-topics/sustainable-lifestyles/>

"Given the improbability that our culture is moving away from consumerism, it is crucial that we find ways to deal with the harmful effects of consumption. We do not only have to heal the wounds in our minds and on our planet caused by massive consumption, but also cultivate ways to consume more mindfully."

Erika L. Rosenberg (2005, p. 121)

### INFORMATION AND ENQUIRIES

For further information about the presenters and workshop, go to <http://www.oneworldcentre.org.au/upcoming-workshops-and-events>

For other enquiries contact the One World Centre

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### WORKSHOP INFORMATION

**Wednesday**

**31 July 2019**

12.30-2.00pm.

### VENUE

One World Centre  
5 King William St.  
BAYSWATER

### COST

\$10 members/  
subscribers;  
\$20 non members;  
OWC volunteers free

### REGISTRATION

Register through  
Trybooking.

[https://  
www.trybooking.co  
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