

པའི་ཚེན་མཁམ།

སྤང་གྲགས་དྲན་རིག་གི་དཔེ་མཛོད།

དཔལ་འབྲུག་ཞིབ་འཇུག་དང་རྒྱལ་ཡོངས་དགའ་སྦྱིད་དཔལ་འཛོམས་སྡེ་བ།



**ZHICHENKHAR**  
LIBRARY OF MIND, BODY & SOUND  
CENTRE FOR BHUTAN & GNH STUDIES

# Mental Flourishing: Scientific and Practical Views on Emotions and Mind Training

*A Virtual Seminar Series Organized by the Centre for Bhutan and GNH Studies, Zhichenkhar, with the International Society of Bhutan Studies*

Seminar Topic:

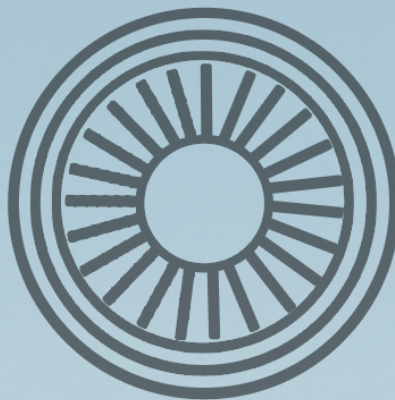
***Preventing Depression across the Life Span with Mindfulness-based Cognitive Therapy***



**Keynote Speaker:**

**Willem Kuyken**

University of Oxford



**Moderator:**

**Chenko**

Director of the office of the Prime Minister

**Friday, 18 June**

**(2 PM BST/ 9 AM UK)**

**Live Via: Meeting Link**



**zoom**

Meeting ID: 63384217610

Passcode: 942120

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