



Resurgence Festival of Wellbeing

Timetable

9.30am	Doors Open
10.15am	Welcome from Sharon Garfinkel, The Resurgence Trust
10.25am	Tom Hodgkinson, Writer and Editor, <i>The Idler</i> <i>How idleness leads to wellness: Why doing nothing leads to fulfilment</i>
10.50am	Louise Chester <i>Mindfulness at Work</i>
11.15am	Satish Kumar, Editor Emeritus, <i>Resurgence & Ecologist</i> <i>Live Simply: Live Well</i>
11.40am	Mr Gee <i>A Poet's Life: Living with cheap metaphors and loving expensive rhymes</i>
12.05pm	William Sieghart, Founder of Forward Prizes for Poetry <i>Poetry Pharmacy</i>
12.45pm	Lunch and Poetry Pharmacies and opportunity to buy speakers' books
2.15pm	Susan Derges, Artist <i>Taking Care of the Wellspring: Art making, landscape and the nature of inspiration</i>
2.40pm	Vincent Avanzi, Chief Poetic Officer <i>The Blessings of Human Kindness</i>
3.05pm	Hannah Critchlow, Neuroscientist and Author <i>Increasing consciousness for brain health?</i>
3.30pm	Oliver Sylvester-Bradley; (Jeremy Leggett, now unable to attend) <i>Solarness and wellbeing in the energy industry</i>
3.55pm	Tea
4.45pm	Awantika Dubey with William Tooby, Indian Classical Music
5.05pm	Panel Discussion chaired by Satish Kumar
5.45pm	Close

Lunch and tea are kindly provided by Will Pouget of Vaults and Garden Café, Oxford. **Lunch must be ordered in advance.** With thanks to our sponsors Network of Wellbeing and Pukka Herbs.