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, The Idler
  How idleness leads to wellness: Why doing nothing leads to fulfilment

10.50am  Louise Chester
  Mindfulness at Work

11.15am  Satish Kumar, Editor Emeritus, Resurgence & Ecologist
  Live Simply: Live Well

11.40am  Mr Gee
  A Poet’s Life: Living with cheap metaphors and loving expensive rhymes

12.05pm  William Sieghart, Founder of Forward Prizes for Poetry
  Poetry Pharmacy

12.45pm  Lunch and Poetry Pharmacies and opportunity to buy speakers’ books

2.15pm  Susan Derges, Artist
  Taking Care of the Wellspring: Art making, landscape and the nature of inspiration

2.40pm  Vincent Avanzi, Chief Poetic Officer
  The Blessings of Human Kindness

3.05pm  Hannah Critchlow, Neuroscientist and Author
  Increasing consciousness for brain health?

3.30pm  Oliver Sylvester-Bradley; (Jeremy Leggett, now unable to attend)
  Solarness and wellbeing in the energy industry

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.