

Thursdays

18:00 - 19:30 Hrs

Matthies Room

Leibniz Institute for
Neurobiology

Brenneckestraße 6

39118 Magdeburg

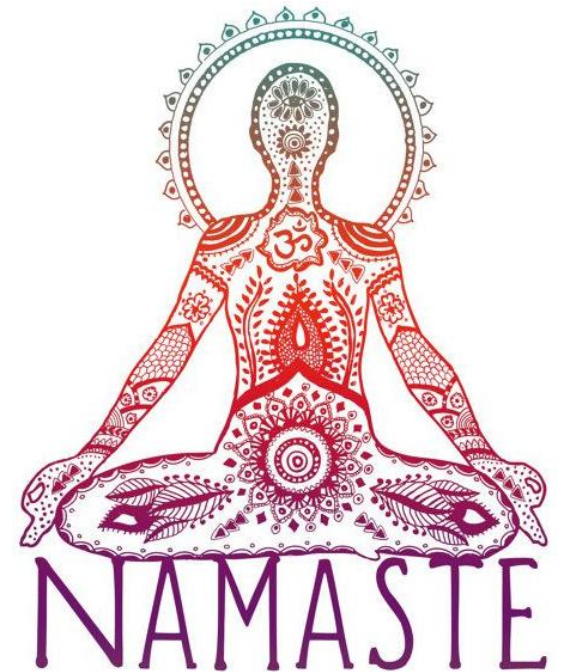
About

Mindfulness is the art of observing the present moment.

Bankim Chander is a Postdoc working on motor control and chronic pain at the LIN. He extends his scientific background in neuroscience to practice his passion for therapeutic aspects of meditation. Looking forward to share his practice and enjoy the benefits of mindfulness together.


Recommendation

Wear comfortable clothes



Contact

Bankim Chander

 +49 17679038869

 bankimchander@gmail.com

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