

Stories on the Rooftop
7th November 2016
7:45pm Library, Ismaili Centre, London

‘An experiential introduction to Mindfulness.’ Taslim Tharani, Organisational Psychologist and Mindfulness Practitioner.



Workshop Summary

This workshop will explore themes of connection, brotherhood and generosity through our ‘here and now’ experience. We will engage in a range of mindfulness practices enabling us to develop a greater sense of ourselves and how we interact with each other and the world around us. We will also have the opportunity to connect to the beautiful roof garden in new and unexpected ways.

Taslim Tharani - Biography

Taslim Tharani is an Organisational Psychologist who works in both research and practice. She specialises in using mindfulness based approaches within the areas of career decision making, workplace health and well-being and leadership development. Tas is currently working towards her PhD which is exploring mindfulness based interventions to foster authentic leadership. She has facilitated mindfulness sessions in a variety of contexts ranging from BAI, Conferences and Universities in the UK and in Uganda, to charities and commercial organisations. Engaging in mindfulness in the professional context has enabled Tas to bring together her personal, professional and spiritual lives becoming more authentic, more connected, more open and more grounded as a person. She has both a regular personal mindfulness practice as well as an interpersonal mindfulness practice and regularly attends retreats to deepen her personal and professional development.