

## The European Mindfulness Network

The *European Mindfulness Network (EMN)* is a network of networks, groups or communities in Europe who practice secular mindfulness, provide training/teaching in secular mindfulness and/or engage in research into mindfulness.

The network was established in January 2017 by Dr David McMurtry, based in Zagreb, and Dr Karlheinz Valtl, based at the University of Vienna.

The sole aim of the EMN is to maintain a database of the names and email addresses of the members of groups or communities which are registered with the EMN. The contact person for each network, group or community may then send emails to all those listed on the database about matters concerning mindfulness. Examples of such matters include:

- information on forthcoming mindfulness events,
- announcements about new publications, and
- calls for involvement in projects, developments or funding bids.

In order to function effectively the EMN is 'lightly' managed.

Each registered group or community is required to have a named contact person. This contact person will

- liaise with the EMN manager  
(currently Farah Wölfel: [farah.woelfl@univie.ac.at](mailto:farah.woelfl@univie.ac.at))
- send out emails to the listed members of the EMN.  
Only the named contact person will send emails on behalf the group/community, to maintain the security of the database and to avoid too frequent postings.
- ensure the relevance of information exchanged.

The EMN administrator acts as a point of contact and support.  
The EMN database is updated twice yearly.

### **The current contact information for the EMN is:**

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