



THE FIRST ZEN INSTITUTE OF AMERICA

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Film Series

The Science of Mindfulness: A Research-Based Path to Well-Being

With Professor Ronald D. Siegel

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Friday, January 8, 2016 7:30 – 9:30 PM

113 East 30th Street New York, NY 10016

The Science of Mindfulness is a 24-lecture series centered on research findings surrounding mindfulness and meditation. This screening is going to present modules 1 through 4 in the series:

- Why Mindfulness Matters
- Our Troublesome Brains
- Informal, Formal and Intensive Practices
- Who Am I? The Perils of Self

Dr. Ronald D. Siegel is an Assistant Clinical Professor of Psychotherapy at the Harvard Medical School and an Adjunct Clinical Professor of Psychiatry at the University of Massachusetts Medical School. He is the author or editor of a number of important publications, including: *The Mindfulness Solution: Everyday Practices for Everyday Problems*. These films are being screened courtesy of *The Teaching Company*, <http://www.thegreatcourses.com>.

Admission is free.

