



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30<sup>th</sup> Street New York, NY 10016 212-686-2520 www.firstzen.org

會協禪一第國美

Film Series

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

With Professor Ronald D. Siegel

© 2014 The Great Courses

Friday, March 3, 2017 7:30 – 9:30 PM

113 East 30<sup>th</sup> 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 17 through 19 in the series:

17. Overcoming Traumas Large and Small
18. Groundbreaking Mindfulness Programs
19. The Neurobiology of Self-Preoccupation

Each of these lectures will be followed by a brief discussion period. 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.

