



THE FIRST ZEN INSTITUTE OF AMERICA

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Film Series

The Science of Mindfulness

With Professor Ronald D. Siegel

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Sacred Texts of the World

With Professor Grant Hardy

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Friday, November 10, 2017 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. Tonight concludes our screening of this series with the final two episodes:

23. Mindful Ethics as a Path to Freedom
24. The New Science of Happiness

Sacred Texts of the World is a 36-lecture series which discusses a broad range of religious texts of seven major religions. The professor, Grant Hardy, is a professor of History and Religious Studies at the University of North Carolina at Asheville. Tonight we are screening the first two episodes of this series:

1. Reading Other People's Scriptures
2. Hinduism and the Vedas

These films are being screened courtesy of *The Teaching Company*, <http://www.thegreatcourses.com>.

Admission is free.

