Open to students, faculty, staff, and community members.

Recent Advances in Contemplative Neuroscience
with Patrick Foo, PhD, professor of psychology,
University of North Carolina Asheville

Dr. Foo will guide us in learning about a quiet revolution growing within the young field of neuroscience---contemplative neuroscience. Recent advances allow us to ask big questions such as, “how does the brain generate one’s sense of self?” and “what is consciousness?” Only 15 years ago, the Dalai Lama’s invited talk at the annual Society for Neurosciences conference was met with considerable opposition, which was perhaps unsurprising given the lack of empirical evidence outlining the benefits of meditation and mindfulness at the time. In the subsequent decade, EEG and fMRI recordings of expert-level Tibetan monks have verified significant structural and functional adaptations associated with lifelong meditation practice. We will discuss these and other recent findings that form the basis of contemplative neuroscience.

Wednesday,
October 28,
5:30 – 7:30 pm

Register at
www.uncw.edu/mindful