



Meditation Workshop & Neuroscience Research About the Positive Effects of Meditation

MARCH 11, 2013 | 6 PM | \$5 DONATION SUGGESTED

**MEDITATION WORKSHOP 6 – 7 P.M.
& PRESENTATION 7 – 8:30 P.M.**

The idea that meditation is good for you is certainly not new, but scientists are still trying to figure out why meditating reliably improves mental and physical health.

Research tries to identify brain functions that are affected by meditating. The study shows that intensive meditation can help people focus their attention and sustain it.

How does training in the practice of meditation affect cognition, behavior, and physiology?

DR. CLIFFORD SARON

Dr. Clifford Saron is an Associate Research Scientist for the UC Davis Center for Mind and Brain. He is studying the effects of intensive meditation training on attention and emotion regulation through a longitudinal study known as "The Shamatha Project". Using qualitative, self-report, behavioral, electrophysiological, and biochemical measures, his team is working to understand the many levels of personal and physiological change that accompany meditation training.

NO-HOST BAR OPENS AT 5:30PM | PROGRAM BEGINS AT 6PM
MORE INFO: 775.881.7566 | TERCINFO@UCDAVIS.EDU



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