

# SHINZEN YOUNG



Mindfulness Teacher and Author

## *The Science of Enlightenment: How Meditation Works*

Shinzen Young is an American mindfulness teacher and neuroscience research consultant. His systematic approach to categorizing, adapting and teaching meditation, known as “Unified Mindfulness” has resulted in collaborations and breakthrough research with Harvard Medical School and Carnegie-Mellon University in the burgeoning field of contemplative neuroscience. He has served as contemplative mentor in residence at Brown University and presented at top universities in multiple countries.

Shinzen is known for his algorithmic approach to mindfulness and often uses mathematical metaphors to illustrate meditative phenomena. He is the author of *The Science of Enlightenment: How Meditation Works*, *Natural Pain Relief* and numerous audio offerings.

Shinzen will present powerful innovative mindfulness methods that can be practically applied to most issues of suffering including anxiety, panic, OCD, trauma and physical pain. The methods have shown great promise as an adjunct to psychotherapy in various clinical settings.

Shinzen leads residential retreats throughout the U.S. and Canada, as well as a popular telephone conference call mini-retreat program. The program was designed to make deep meditation practice accessible to anyone in the world, regardless of location, health, time or financial constraints.

To learn more about Shinzen, go to [shinzen.org](http://shinzen.org) and his YouTube channel, “Expand/Contract.”

### **Lecture**

The University of New Mexico  
Thursday, July 6th, 2017, 7:00 p.m. to 9:00 p.m.  
Logan Hall, Room 125

**Suggested Donation: \$20.00**

### **Workshop**

Mountain Cloud Zen Center  
Saturday, July 8th, 2017, 10:00 a.m. to 4:00 p.m.  
7241 Old Santa Fe Trail  
Santa Fe, NM 87505

(Includes vegetarian lunch; scholarships or discounts available)

**\$65.00**

(Register at [mountaincloud.org](http://mountaincloud.org): click on “schedule”)