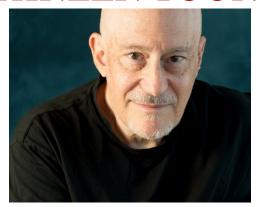
SHINZEN YOUNG



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 bourgeoning 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 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: click on "schedule"