Mindfulness Based Stress Reduction has been shown to be highly effective for reducing stress as well as for lessening symptoms associated with numerous psychopathologies. In this talk Sara Lazar will present data concerning the impact of meditation on amygdala structure and function, both in healthy individuals and in patients with anxiety disorders. She will then present data on the impact of meditation on the insula in relation to pain and depression.

Sara W. Lazar, Ph.D. is an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital and an Assistant Professor in Psychology at Harvard Medical School. The focus of her research is to elucidate the neural mechanisms underlying the beneficial effects of yoga and meditation, both in clinical settings and in healthy individuals. She is a board member of the Barre Center for Buddhist Studies and also the Institute for Meditation and Psychotherapy, and is a contributing author to *Meditation and Psychotherapy* (Guilford Press). She has been practicing yoga and mindfulness meditation since 1994. Her research has been covered by numerous news outlets including *The New York Times, USA Today, CNN, and WebMD*, and her work is featured in a display at the Boston Museum of Science.