

The Contemplative Studies Initiative at Brown University presents:

Shinzen Young became fascinated with Asian culture while a teenager in Los Angeles. Later he enrolled in a Ph.D. program in Buddhist Studies at the University of Wisconsin.

Eventually, he went to Asia and did extensive training in each of the three major Buddhist traditions: Vajrayana, Zen, and Vipassana. Upon returning to the United States, his academic interests shifted to the burgeoning dialogue between Eastern meditation and Western Science.

Shinzen is known for innovative “interactive, algorithmic approach” to mindfulness, a system specifically designed for use in pain management, recovery support, and as an adjunct to psychotherapy.

He leads meditation retreats throughout North America and has helped establish numerous mindfulness centers and programs. He also consults widely on meditation-related research, in both the clinical and the basic science domains.

He often says:

“My life’s passion lies in exploring what may arise from the cross-fertilization of the best of the East and the best of the West.”



Workshop Series

- Sat. Feb. 16 & Sun. Feb 17
9:30am-3pm; Ashamu Dance Studio
(77 Waterman Street)
- Sat. Feb. 23,
10am-3pm, Winnick Chapel, Hillel and
Sun. Feb. 24
11am-4pm, Winnick Chapel, Hillel
(80 Brown Street)
- Sat. March 2 and Sun. March 3
10am-4pm, Crystal Room
(Alumnae Hall)

Tickets are \$35 general/\$5 with Brown/RISD ID
and are available at:

<http://www.brownpapertickets.com/event/335995>

Please note that registration is per weekend, whether you can attend both days or not.

This event is made possible by the generous support of the Lenz Foundation and the Hershey Family Foundation.