



School
of Psychology



TOVANA תוּבָנָה
Insight Meditation

**An Initiative of the Israeli Center for Mindfulness, Science and Society (Muda) and
Unit of Applied Neuroscience at the Interdisciplinary Center, Herzliya, in
collaboration with Tovana Insight Meditation Society**

Are happy to invite you to:

The Third Retreat for Scientists and Mental Healthcare Professionals

"Developing Mindful Awareness and Cultivating Wellbeing"

Ein Dor, Thursday-Saturday, February 23 –25, 2012

We invite Research Neuroscientists, Research Psychologists, and mental healthcare professionals to participate in a weekend mindfulness retreat at Kibbutz Ein Dor, from Thursday, February 23rd – Saturday, February 25th 2012.

About the Retreats for Scientists and Mental healthcare professionals

Retreats are of equal relevance to academic psychologists and neuroscientists and to mental healthcare professionals, designed to introduce the ways in which mindfulness practice can inform their research and practice.

The goal of the retreats is to introduce mind scientists and researchers to in-depth training in meditation. They are also open to graduate students, post-doctoral trainees and faculty who work in the mind sciences, as well as mental health practitioners. Retreats are



School
of Psychology



TOVANA תּוֹבָנָה
Insight Meditation

conducted in most respects like a traditional **silent** Vipassana or Insight meditation retreat, which incorporates an ancient method of introspection (often called mindfulness) that readily conforms to the spirit of empirical science. Silence is essential to reduce external stimuli and therefore, apart from instructions, and question and answer sessions, the retreats are conducted in silence. For anyone who has never spent days in silence before, this aspect of the retreats alone is often by itself a revolutionary experience.

While the method in the retreats comes out of the most ancient school of Buddhism (the Theravada), it is presented as a non-sectarian practice as a means of training the mind to be more keenly aware of sensory phenomena, the flow of thought, the ever-changing display of emotions and moods. The practice need not be adopted in the context of Buddhism as a religion or as a philosophical tradition.

About The Third Scientists' Retreat

This retreat will be taught by Shinzen Young assisted by Simi Levi (who has taught in the two previous Scientists' Retreats).

In this retreat, you will learn how to develop mindful awareness through focusing on pleasant restful states such as mental quiet, physical relaxation, and emotional peace.

Many traditional forms of meditation develop concentration power by focusing on simple, soothing experiences. There's a good reason for this. Such practices create a positive feedback loop. The more you concentrate on soothing rest, the more soothing it becomes, thereby motivating you to concentrate even more. This creates an accelerating, exponential growth in your concentration power. In traditional Buddhism, this process is called tranquility (*samatha*) or absorption (*jhana*).

Shinzen's style of teaching is deeply informed by the spirit of science and mathematics. He frequently points out how the method of mindfulness parallels the method of science. Much of science is about describing the physical world in terms of how much of what, when and where, interacting in what ways, and changing at what rates. Mindfulness uses the same approach but applies it to the inner experience of one's own thoughts and emotions.

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 his 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 with the best of the West.”

Links to talks by Shinzen to academic public

University of Arizona: <http://www.amrig.org/most-recent-amrig-presentation-3>)

University of Toronto: <http://www.jeffwarren.org/author-interviews/shinzen-young-at-university-of-toronto>

Google Tech Talk: *Divide and Conquer: How the Essence of Mindfulness Parallels the Nuts and Bolts of Science*

<http://www.youtube.com/watch?v=8XCWP4pODbs>

Google Tech Talk: *Deep Concentration in Formal Meditation and Daily Life (Theory and Practice)* <http://www.youtube.com/watch?v=Ky7vMFB4iAs>



School
of Psychology



TOVANA תוּבָנָה
Insight Meditation

Simi (Simcha) Levi studies and practices Buddhism since 1988, including four years as a Buddhist nun in Thailand, in the Theravada tradition. She is a member in the directing committee of “Tovana” - The insight society of Israel - and a senior teacher in this organization. Simi founded and developed the “Sfat Hakeshev” program for enhancing and applying the skills of mindfulness in the education system for kindergarten teachers, school counselors, school teachers and principals. She is specialized in integrating mediation in therapy treatment of children and adults. Simi is recognized as an “expert in her field” in the ministry of Education.

Registration

The retreat this year will be run by Tovana. Registration will be possible through Tovana’s site and will open a month before the retreat.

<http://tovana.org.il/en/schedule/retreats/icalrepeat.detail/2012/02/23/4179/48%7C47/>
/-