As part of MUDA's ongoing effort to create and foster a dialogue between Mindfulness and Science, we invite you to join a day of study, practice and discussion around the question above.

This workshop is the third and final workshop, intended to explore the topic of perceiving others. In the last two workshops, we have begun to explore different levels of human interconnection, and how human interconnection influences our experience and our brains. This time we wish to focus on how we perceive others and have invited an international researcher to facilitate our exploration.

Most sensory processing in the brain is hierarchically organized. Different parts of the brain are responsible for processing more and more complex aspects of our sensory experience. A recent theory suggests that this is true also for our ability to perceive the actions of others, and that our understanding of the actions of others is built from three pieces - the mechanics of the action, the purpose of the action, and the significance of the action. We will explore this idea from both the scientific and experiential perspectives. That is, we will discuss the current scientific findings that lead to this theory, and the relationships between the brain regions involved. We will also explore how these ideas resonate with Buddhist thinking on how perception is structured. We will use mindfulness exercises to highlight these Buddhist ideas and also relate them specifically to the multi-leveled perception of others. Finally, we will discuss what implications this has for the validity and significance of the different aspects of our perception.
The day will include:

- Sessions of frontal learning by **Prof. Opher Donchin** and **Prof. Valeria Gazzola**.
- Experiential exercises by **Boaz Amichay**
- Sessions of guided meditation
- Discussions and Dialogue

**Prof. Valeria Gazzola** is a Tenure Track Research Scientist at the Department of Neuroscience of the University of Groningen, the Netherlands, and a Senior Scientist at the Netherlands Institute for Neuroscience of the Royal Netherlands Academy of Arts and Sciences, Amsterdam. Her work focuses on the interactions between the motor and somatosensory cortex during the perception of the actions and sensations of others. She obtained the Top Science Publication award of the Dutch NeuroFederation, the University of Groningen, School for Behavioral and Cognitive Neuroscience, prize for the best dissertation and the Van Swindelen Prize for her outreach activities. She also obtained a VENI grant from the Dutch Science Foundation (NWO) to investigate the causal contributions of the primary somatosensory cortex to social perception.

**Participation is limited to 30 people:**

- Scientists and psychologists who participated in at least one mindfulness retreat. Priority will be given to those who have participated in one of the retreats organized by **MUDA**.
- Dharma students interested in exploring the scientific aspects of their experience

**Application and Registration:**

- The workshop will cost 50 shekels to cover the food expenses
- Please send an application via email to **mudacenter@gmail.com** with a short Bio describing yourself and your professional background, including a short explanation why you would like to join this workshop (1 page max)