

MUDA - the Israeli Center for Science, Mindfulness and Society,

at the Unit of Applied Neuroscience, IDC Herzliya

is happy to invite you to a second

one-day workshop of Science and Dharma on:

Being in Sync with Others

The meeting will focus on the phenomenon of 'being in sync' with others. We will present the scientific model of the neurobiological basis of intersubjectivity, touching on the mirror neurons and the 'between two brains' research. We will talk about how the dharma values this and develops (through mindfulness) intimacy and a sense of a 'participatory universe' as a basis for acting in the world. There will be several practical exercises that explore how the interpersonal space can be narrowed or expanded. We will inquire together how the sense of resonating with and sensing others is a basis for ethics.

The day will include:

- Sessions of frontal learning by Yulia Golland and Stephen Fulder
- Experiential exercises by Lior Noy and Stephen Fulder
- Sessions of guided meditation
- Discussions and Dialogue

When and Where:

- Wednesday, July 13th, 2011 from 10:00 – 18:00
- The IDC Herzliya Campus

Participation is limited to 30 people:

- Scientists and psychologists who participated at least in 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 shekel to cover the food expenses
- Please send an application via email to scientistsretreat@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)