The CUNY Mindfulness Lecture Series

Date: Second Thursdays, Fall 2012, Time: 7:00 - 8:15 PM
Address: The Graduate Center, CUNY
365 Fifth Avenue, Science Center 4102
New York, NY 10016 (212) 817-7000

Description: The second annual CUNY Mindfulness Lecture Series will bring together scientists, scholars and students to present and discuss cross-disciplinary research and theory relative to the science and practice of mindfulness. Mindfulness will be explored through physics, neuroscience, philosophy and psychology. This series will offer CUNY students and the community opportunities to participate in the advancement of learning in this field.

September 13, 2012. Changes in Brain Structure and Function with Mindful Practice. Zoran Josipovic, Ph.D., New York University, Department of Psychology, Contemplative Science Lab, Metro-Area Research Group on Awareness & Meditation and founder of the Non-Duality Institute. Dr. Josipovic researches the neural correlates of contemplative practice and the impact it has on mind and body. Research modalities include fMRI, EEG in addition to psychophysics and self-report tests.


Rikki Asher studied Ch'an (Zen) meditation and yoga with the late Chan Master Sheng Yen in 1976. She is a graduate of the City University of New York (CUNY) with a Master's in Fine Arts and of Columbia University with a Doctorate in Art Education. She combines her background in art and education with meditation utilizing mindfulness techniques in her CUNY Queens College art education courses and work with inner-city youth. She has taught yoga and meditation in synagogues, YMCAs, the Omega Institute and the Dharma Drum Meditation center since 1999.

Marcos Stafne is the Head of Education and Visitor Experience for the Rubin Museum of Art where he oversees Development, Family Learning, University Programs, and Museum Tours and Services. He has worked in museum education for 16 years at the Orlando Science Center, Orange County Historical Center, Orlando Museum of Art, and as the Director of Public Programs and Traveling Exhibitions at NYSCI. He also is adjunct faculty at Eugene Lang College, The New School in Education Studies.

Lama Migmar, a Buddhist Chaplain at Harvard University, received both a traditional and a contemporary education in India. He graduated with an Acharya degree in 1979, first in his class out of all students from the four schools. His Holiness The Dalai Lama awarded him a medal for academic excellence. Lama Migmar then served as the head of Sakya Center in Rajpur, India, and the Sakya Monastery in Puruwalla, India, from 1981 to 1989, taking care of the well being of several hundred monastic residents. Lama Migmar supervised the editing and publication of over 50 rare volumes of Sakya literature including the 31 volumes of Sakya Lamdre and the rare Golden Manuscripts of the Five Founding Masters of Sakya.

Please join us to work to explore the emerging science of mindful practice. All events are free and open to the public.

Stephen Redenti, Ph.D.
Assistant Professor
Biology and Biochemistry
Lehman College/CUNY
stephen.redenti@lehman.cuny.edu
718-960-2236

David Forbes, Ph.D.
Associate Professor
School Counseling Program
Brooklyn College/CUNY
dforbes@brooklyn.cuny.edu
718-951-5938