



Upaya Sangha of Tucson Study Group

Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain & Body

January 11, 2018 through April 26, 2018

Over this eight-session course, we will discuss authors Daniel Goleman and Richard J. Davidson's new book, Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain & Body. You will be completing a study guide prior to our discussions, the 2nd & 4th Thursdays, January – April; 10:00 AM to 11:30 AM.

Goleman and Davidson, both practitioners, write from the point of view of contemplative science as well as from their own experiences. They include a generous selection of anecdotes. The authors write that *We aim to shift the conversation with a radical reinterpretation of what the actual benefits of meditation are - and are not - and what the true aim of practice has always been.*

Sensei Al Genkai Kaszniak will be participating in our discussions, providing us with clarifications as needed, and likely too, sharing stories of his own experiences in a long career in neuro and contemplative science.

REQUIREMENTS: A computer with an email address or a cooperative friend with same.

FEE: \$12.00 (at cost) in addition to the book, in multiple formats online, with five hard copies in the Pima Co. Library system. No one will be turned away due to inability to pay.

TO REGISTER: Mail a \$12.00 check, made payable to Upaya Sangha, to Christine Johnson at 4145 N. Stone Ave., #102; Tucson, AZ 85705-8807. Include, in addition to your name, your postal address, email address & telephone number.

DEADLINE TO REGISTER: December 27, 2017

WHEN: 10:00 AM to 11:30 AM. Beginning on Thursday, January 11st, the 2nd and 4th Thursdays of January, February, March, & April

LOCATION: Tucson Community Meditation Center; 1231 E. Edison Tucson, AZ. The Center is one block S. of Grant and 2 houses W. of Mountain Ave.

CONTACT: Christine Johnson; christine-johnson@cox.net; 520-207-8718

PARKING: It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you.



Daniel Goleman:

https://en.wikipedia.org/wiki/Daniel_Goleman



Richard Davidson

https://en.wikipedia.org/wiki/Richard_Davidson



Sensei Al Genkai Kaszniak

<http://upayatucson.org/about-upaya/sensei/>