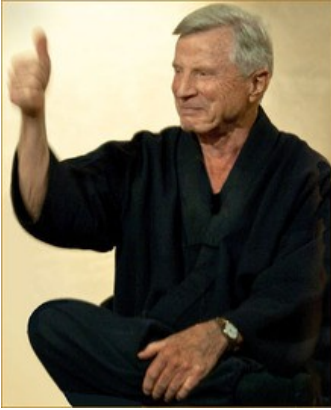


Meditating Selflessly



Dr James Austin

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**A Free Public Workshop with
Dr James Austin, MD.
Wednesday 29th February
7.30-9pm
UCF Student Union
Cape Florida 316A**

Dr Austin is a neurologist, researcher, and Zen practitioner. He is Professor Emeritus of Neurology at the University of Colorado Health Sciences Center, and courtesy Professor of Neurology at the University of Florida College of Medicine. He has written books on contemplative neuroscience such as *Zen and the Brain*. He has just published his most recent book, *Meditating Selflessly* (MIT Press, 2011).

In this talk he will give practical advice on meditation based on recent evidence in neuroscience research.