Stress, anger, fear, feelings of alienation from others, inability to focus, repetitive negative thoughts, these are just a few of the all too common in our modern world. In recent years, there has been an explosion of research on the benefits of meditation, including: increased emotional regulation, self-regulation, positive emotion, concentration, social-connectedness, immune function, and more. This presentation will review this research, offer a brief meditation lesson and end with Q&A session.

Dr. James Birgari
Has conducted research on moral development philosophy and comparative religion. He has completed intensive meditation retreats and has maintained a daily meditation practice.

Thursday
April 21, 2016.
6:30 pm - 7:30 pm

Blenz HOpe Café Atrium
HOpe Centre
1337 St. Andrews Avenue, North Vancouver. V7L 0B8
Coast Salish Territories

Everyone is welcome!
Seating Limited
RSVP required

Please RSVP at hopementalhealth@cmha.bc.ca

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