



LEIDEN INSTITUTE FOR BRAIN AND COGNITION

## **Program:**

09.45 am-09.50 am

Opening by Lisa Cheng

10.00 am-11.00 am

Jonathan Silk, Leiden University

"Do Buddhists Meditate? A Very Short Introduction to Buddhist Thought and Practice"

11.00-11.15

Coffee break

11.15 am - 12.15 am

Florin Deleanu, International College for Postgraduate Buddhist Studies, Tokyo, Japan

"Sedi, Vidi, Vici: A Brief Introduction to Meditation in Indian Buddhism"

12.15 pm – 14.00 pm

Lunch & Poster

14.00 pm - 15.00 pm

Antonino Raffone, University of Rome/University of Sunderland/RIKEN Brain Science Institute, Japan

"Self-regulation of brain activity for attention and awareness in Buddhist monks"

15.00 pm – 16.00 pm

Heleen Slagter, Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin, Madison.

"Attention training via meditation: how the brain changes"

16.00-16.15

Tea break

16.15 pm - 17.00 pm

Bernhard Hommel, Leiden University

"Summary and thoughts from a sceptic"