Weekend meditation workshop

**Calming the Mind** with Cortland Dahl

February 9-10, 2019 • 9:00 am – 5:00 pm
Northwestern University • Parkes Hall • 1870 N Sheridan • Evanston

In this workshop we will learn how cultivating awareness can help create a peaceful mind and joyful heart. The practice of meditation enables us to transform all experiences, even difficult emotions and painful thoughts, into sources of joy. Over the course of the weekend, we’ll explore our experience with mindful awareness, learning how to use the body, sensory experiences, thoughts, emotions, and even awareness itself as supports for meditation.

This is an entry program to Yongey Mingyur Rinpoche’s wonderfully fresh and accessible teachings. It offers step by step instructions that will benefit those new to meditation and inspire those who have an existing practice. It is suitable for people of all faiths, as well as both beginning and experienced meditators. The schedule for this weekend workshop includes video teachings by Yongey Mingyur Rinpoche, presentations on the key points of meditation practice by Tergar Instructor Cortland Dahl, as well as guided meditations and discussion.

**About the instructor**

Cortland has practiced meditation for twenty-five years and has studied Buddhism around the world. He has spent time on retreat in monasteries and retreat centers throughout Japan, Burma, India, and Nepal, and for eight years lived in Tibetan refugee settlements near Kathmandu.

Cortland has a Ph.D. in Mind, Brain and Contemplative Science from the University of Wisconsin-Madison, where he was mentored by renowned neuroscientist Dr. Richard Davidson. He also holds a master’s degree in Buddhist Studies from Naropa University. In addition to his work as an Instructor for the Tergar community and Chairman and Co-Executive Director of Tergar International, Cortland serves as Research Scientist and Chief Contemplative Officer at UW-Madison’s Center for Healthy Minds.

Cortland is actively involved in scientific research and has published articles on the impact of meditation practices on the body, mind, and brain. He has also published twelve books of translations of classical texts on Buddhist philosophy and meditation.

Registration is required, and there is a charge to attend.
For more info, please visit:
https://tergar.org/events/calming-the-mind-joy-of-living-1-33/