

**School of Social Work  
Meditation and Mindfulness Workshop**

Meditation is a powerful technology for personal transformation rooted in a profound understanding of psychology. Through meditation we acquire an ability to recognize our options, choose our responses, and take control over the direction of our lives. Ultimately, it gives us the power to alter our past conditioning, live life more fully, and become the person we want to be.

**Friday, February 3rd 6pm - 9pm AE England Building 424 N. Central Ave. Phoenix, AZ (across from University Center) directions: <http://www.asu.edu/tour/downtown/aeeb.html>**

**Saturday, February 4th 9am – Noon and 1:30pm – 4:30 (University Center 8<sup>th</sup> floor collaborative space (meet at elevator between 8:30-8:45 am; limited to 45 participants)**

**Friday only \$25**

**Saturday only \$50**

**Friday and Saturday \$65**

**Upasaka Culadasa, (John Yates, PHD), is an ordained dedicated lay-practitioner meditator for almost 40 years and ordained in the International Order of Buddhist Ministers in 2009. He is the director of Dharma Treasure Buddhist Sangha in southern Arizona, trained in both Theravadin and Tibetan traditions. Dr. Yates taught neurosciences for several decades, and brings a broad perspective to his teaching. He now leads a contemplative life and is devoted to helping master meditation skills.**

**Friday** evening will be focused on defining meditation in terms of attentional stability and mindfulness, and explaining how it works in practical psychological terms. Discuss the relationship between different forms of meditation practice and their history.

**Saturday** we will explore how stabile attention and mindfulness are actually cultivated through a combination of guided meditation and discussion. Look at what it means to be mindful in daily life and how and why we lose mindfulness. Finally, discuss why meditation must be combined with a rational ethics and realistic worldview to achieve its full transformational power.

**Payment information**

Name \_\_\_\_\_  
First Middle Last

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School of Social Work  
ASU School of Social Work  
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