# Mindfulness in the Ancient and Contemporary World



**Friday, November 3, 2023, 05:00 – 6:30 PM**

**Anchor Room, Welcome Center, 45 Upper College Rd. Kingston, RI 02881**

Do you want to know more? How and why did people practice Mindfulness in the ancient time? How is Mindfulness being defined and applied today? What do neuroscience and other empirical research say about Mindfulness? Join us! The event is free and open to the public.



Mr. Tsering Gyaltsen received his master's degree (Acharya) in Buddhist Studies from the Central Institute of Higher Tibetan Studies in Varanasi, India. His thesis focused on the education and practice of Mindfulness among ancient Indian scholars. Today, he is an educator and a researcher and shares findings about Mindfulness in the ancient and contemporary world based on his doctoral analysis.

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