



TUESDAY, MARCH 25, 2014 ♦ 5 PM

MINDFULNESS LECTURE SERIES

UNIVERSITY
OF MIAMI



MINDFULNESS, COMPASSION, AND REAL HAPPINESS


UMINDFULNESS
RESEARCH & PRACTICE INITIATIVE



WITH SHARON SALZBERG

Registration is required for this event. Please email jjacober@miami.edu to register.

**Newman Alumni Center
University of Miami
6200 San Amaro Drive**

Join us for a lecture and conversation with Sharon Salzberg, one of the world's leading meditation and spiritual teachers. She cofounded the Insight Meditation Society and is the author of eight books, including the recently published *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace*.

This lecture is part of the Mindfulness Lecture Series of the **UMindfulness** Research & Practice Initiative (mindfulness.miami.edu). The Initiative is an interdisciplinary collaboration across the University of Miami to engage novel implementation and cutting-edge brain research on mindfulness/contemplative training.