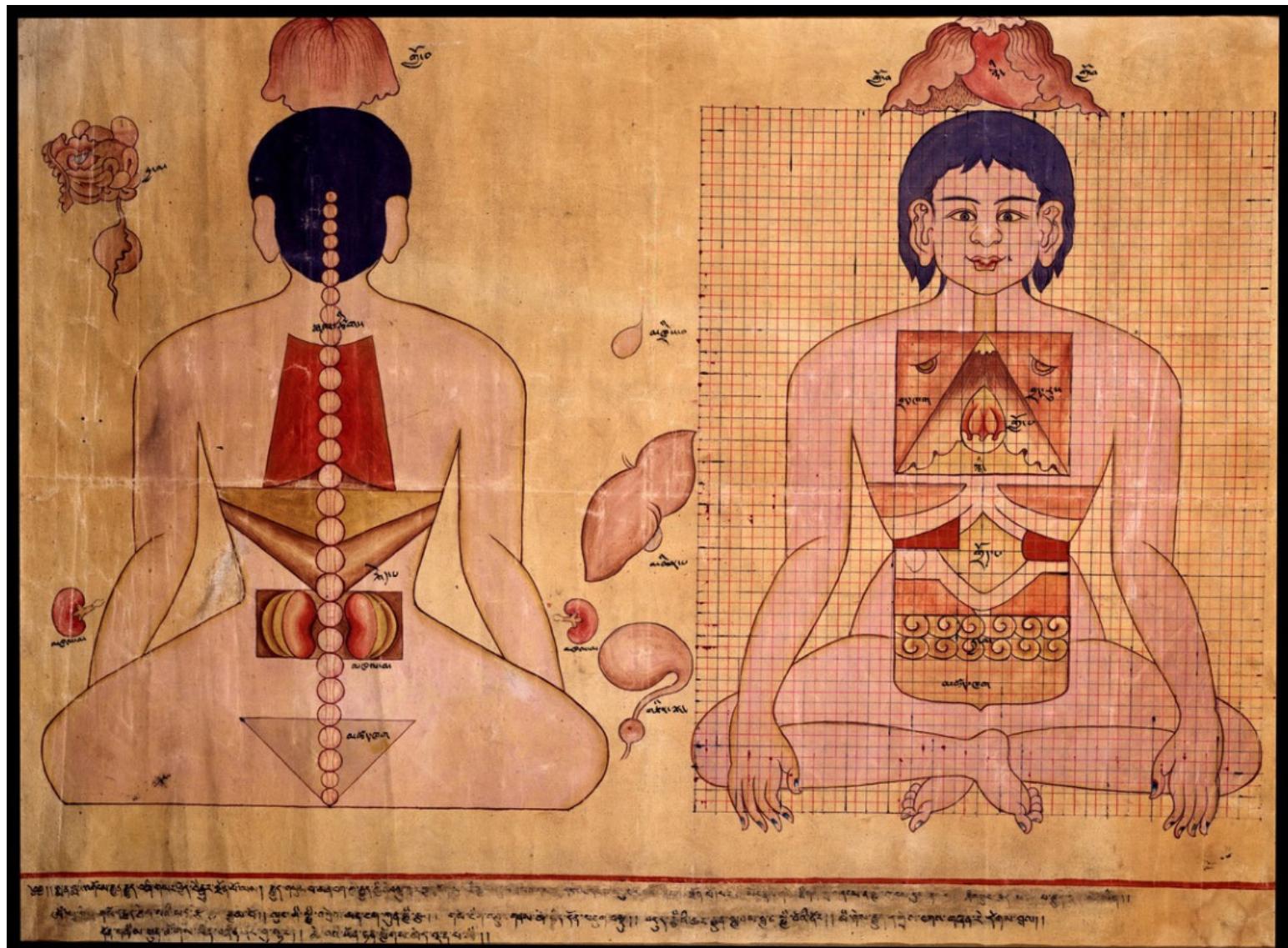


# The Goals of Mindfulness: Life-cultivation and Mind-body Practices in Asia and the West



**Dr. Geoffrey Samuel**  
Emeritus Professor in the School of History,  
Archaeology and Religion at Cardiff  
University, Director of the Body, Health and  
Religion (BAHAR) Research Group, and  
an Honorary Associate of the Department  
of Indian Sub-Continental Studies at the  
University of Sydney, Australia.

Thursday November 16  
7:00 p.m.  
303 Paterson Hall  
Reception to follow

The Mindfulness Movement began in 1979 with Jon Kabat-Zinn's Mindfulness-based Stress Reduction Program, a secular adaptation of Buddhist meditation. This lecture looks at the Mindfulness Movement today, both as an increasingly widespread (and implicitly religious?) social practice in its own right, and as part of a wider transformation of Western and global society based on encounters with traditional Asian life-cultivation and mind-body practices.