



Jon Kabat-Zinn

and the Cambridge Insight Meditation Center present:

The Mainstreaming of Mindfulness in America: The Promise and the Perils

In this talk, Jon Kabat-Zinn will outline the widespread, growing interest in mindfulness in society and its actual cultivation through practice. Jon will investigate the potential perils of mindfulness divorced from its ethical moorings and deep practice. Has mindfulness been reduced to a mere (and misunderstood) concept, rather than understood as a life-long invitation to recognize and embody what is deepest and best in humanity?

- Friday, Oct. 16th / 7:00pm-9:00pm
- Arlington Street Church
(351 Boylston Street, Boston, MA)
- General: \$25 / Benefactor: \$30



These benefit programs, in celebration of the 30th Anniversary of the Cambridge Insight Meditation Center, are made possible through the generosity of Jon Kabat-Zinn, the Mindfulness Studies Program at Lesley University's Graduate School of Arts and Social Sciences and the Arlington Street Church. All proceeds

benefit the Cambridge Insight Meditation Center.



Cambridge Insight Meditation Center
331 Broadway • Cambridge, MA 02139
617.441.9038 • www.cambridgeinsight.org

Day of Mindfulness Practice and Dialogue

In this experiential workshop, we will take a deep dive into the systematic cultivation of mindfulness. Through formal meditation practices, commentaries by Jon about the scientific state of the field, and dialogue about our first-person experience, we will experiment with investigating and suspending our usual habit of judging our experience through the lens of our preferences and opinions.

- Saturday, Oct. 17th / 10:00am-4:00pm
- Lesley University's Washburn Hall
(10 Phillips Place, Cambridge, MA)
- General: \$125 / Benefactor: \$175

If you plan to attend this workshop, Jon highly recommends that you attend his talk on Friday, October 16th at the Arlington Street Church.



For more information or to register for these events, please visit:
www.cambridgeinsight.org

Online registration is recommended. Tickets will also be available at the doors, if space permits.