

# **The Blissful Brain: Neuroscience and proof of the power of meditation**

**Tuesday the 13th of May 2008**

**18:30-21:30 (refreshments from 18:00)**

**St Mark's, Myddelton Square, London EC1R 1XX**

*How important is meditation for our health and well being? Is it merely a soothing relaxation technique or is it in fact a vital practice that deserves wider recognition and higher public regard?*

**In this exciting event, Dr Shanida Nataraja will present findings from her new book. Supporting talks will be given by Laurence Freeman OSB and Kim Nataraja, and Dr Sifu Mark Green will lead a practical Chi Gung session**

# Blissful Brain



The World  
Community for  
Christian  
Meditation

To book, please call  
**+44 (0) 20 7833 9615**  
or email [uk@wccm.org](mailto:uk@wccm.org)

For more information,  
please see:  
[www.blissfulbrain.com](http://www.blissfulbrain.com)



**Dr Shanida Nataraja**

**18:40-19:15 (Talk and Q&A)**

Author of *The Blissful Brain*, a book that provides the scientific evidence supporting the role of meditation in our everyday lives ([www.blissfulbrain.com](http://www.blissfulbrain.com)).



**Laurence Freeman OSB**

**19:15-19:50 (Talk and meditation session)**

Director of The World Community for Christian Meditation and author of numerous books on John Main and Christian meditation ([www.wccm.org](http://www.wccm.org)).



**Kim Nataraja**

**20:10-20:45 (Talk and Q&A)**

International School Coordinator for The World Community for Christian Meditation and author of *Dancing With Your Shadow*, a book on the stages of meditation and the path towards the integration of Self.



**Dr Sifu Mark Green**

**20:45-21:05 (Practical session)**

Teacher and long time practitioner of Tai Chi and Chi Gung and founder of Green Tai Chi ([www.greentaichi.com](http://www.greentaichi.com)).