



KYOTO UNIVERSITY

Graduate School of Advanced Integrated Studies
in Human Survivability (GSAIS/Shishu-Kan)



Research Group on Mindful Living



Online Mini-Workshop

Mindfulness East & West

Philosophical Significance, Scientific Research and Social Applications

Friday 3rd July, 2020, 15:00-17:00 (Japan standard time, UTC+9)

In English, free and open to all

Please register by sending an email to: philosophia@gsais.kyoto-u.ac.jp
indicating your name & affiliation, then Zoom link will be sent to you



**15:00-15:25 “A Philosophical and Integrative Framework for Mindfulness:
The Threefold Wisdom (Learning, Reflection, Practice)”**

Marc-Henri Deroche, PhD, Associate Professor, GSAIS

15:25-15:50 “Neurophenomenology of Mindfulness:

Main Findings, Current and Future Challenges”

Antoine Lutz, PhD, Tenured Researcher,

INSERM (French Medical Research Institute), Lyon Neuroscience Research Center

15:50-16:15 “Mindfulness and Japanese Culture : Past and Present”

Mari Iizuka, PhD, Professor, Graduate School of Business,

Doshisha University; Director, Doshisha Well-being Research Center

16:15-17:00 General Discussion facilitated by PhD students at GSAIS