



ICCC Active Brainstorm Series

Thursday, 26 Oct 2023

7:00 to 8:30 pm

Tanglewood Community Centre
30 Woodfield Drive, Nepean

What Does Research on Meditation Tell Us About Our Minds?

Speaker: Dr. Bhuvanesh Awasthi

- ➔ How does meditation impact our brains & bodies?
- ➔ Is there a lasting impact or is it just temporary?
- ➔ How can we enhance our attention, memory and learning skills through such practices?

An examination of the neuroscientific evidence on meditation and its implications for understanding the nature of our mind.

**FREE
ADMISSION**

Additional Information
secretary@icccottawa.org
613-769-6754

**FREE
ADMISSION**



**Indo-Canadian
Community Centre**

