



Meditation Lab

Date and time: *Friday 8th March (4pm – 8pm) to Saturday 9th March (9am – 1pm)*

Organiser: Institut für Bildung und Gesellschaftliche Innovation (IBUGI)

Venue: Thomas-Mann-Straße 36, 53111 Bonn

Developing self-knowledge and insight through meditation

A workshop facilitated by Dr Fergus Anderson

This workshop is for anyone interested in the basic principles of meditation and in how meditative practice can be used to understand and develop the mind in creative ways. In the workshop we will use simple introspective and meditative exercises to explore familiar phenomena such as *attention, awareness* and *mental representation*. We will also explore the experience of thinking and self-awareness. The aim is to become more sensitive to the subtleties of your own inner experience as a basis for self-knowledge, creative thinking and imaginative insight. The workshop will be a combination of simple exercises and discussions combined with theory drawn from contemporary philosophy of mind and the meditative traditions. No previous knowledge is necessary. Please note that the language will be English.

Fergus Anderson is an adult educator, philosopher and meditation practitioner based in the UK. He is lecturer and course leader at Crossfields Institute, and also an Associate Researcher at IBUGI, Bonn.

This is a free workshop offered by IBUGI as part of an on-going series. There will be a small charge for refreshments. To book a place on the workshop, visit: meditationlabbonn.eventbrite.co.uk

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