MIND & LIFE EUROPE

Activity Report 2020

Welcome

DEAR FRIENDS OF MIND & LIFE EUROPE,

The year 2020 has challenged us as individuals and society to reflect on what we hold important, and how we can hold firm to our values and ideals in the midst of uncertainty and even disruption. It has been for many a difficult year. For Mind & Life Europe we were able to implement most of our plans and projects, despite the global situation.

For me personally, this year has been extraordinary in multiple respects. I will be retiring from Mind & Life Europe at the end of this year. After serving Mind & Life Europe for nearly 10 years, first as Vice Chair of the Board of Directors, then Treasurer, and additionally as Director for the last few years, I have been able to accompany and support this special community on its unique journey. It has been a great pleasure and honor to do so. I look forward to introducing my successor (see page 23 of the Report) to the MLE community.

I am most grateful to all who constitute the broader MLE community. In particular I would like to thank our dedicated team who embody the best of MLE, our Board who give generously of their time and expertise, our Association members who are constructively engaged and active in so many of our programs and activities, our initiative leaders - from the Community of Contemplative Education (CCE) to the European Varela Awards - our donors and supporters who help enable this work, and those who are inspired by what Mind & Life Europe does and aspires to. It is a broad and growing community, and there is still much to do!

Thank you for your continued engagement in Mind & Life Europe! And may you enjoy the following pages which detail our activities over the last year!

CORNELIUS PIETZNER
Managing Director

Over the past two years, **Cornelius Pietzner** has skilfully led our community as Managing Director of Mind and Life Europe. The end of 2020 will mark his retirement from the position of Managing Director, and the culmination of a decade of caring and active participation and leadership at MLE.

During this time, and in many different roles, Cornelius has been an unfailing and vigilant presence for Mind & Life Europe. Ever attentive to detail, he has, at the same time, held and nurtured a capacious vision of our mission and a natural devotion to the values that underpin it. He has welcomed new initiatives and supported their maturation with understanding, grace and just the right dose of poetry and humor. MLE is a diverse and extended community. Cornelius' generous spirit, paired with a firm hand on the rudder, have reassured, inspired and fostered a sense of unity of purpose and shared pleasure in working together. Thus, on behalf of the Board of MLE, I would like to take advantage of this Activity Report to express our gratitude to him, and to wish him all the very best for the next steps on his path.

With kind regards,

AMY COHEN VARELA
Chair of the Board

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The Dalai Lama in conversation with Mind & Life Europe, September 2020.

European Varela Awards 2019

SUPPORTIING THE NEXT GENERATION OF RESEARCHERS

March 25, 2019: Winterthur, Switzerland. In spring 2020, eight research projects of young scholars were awarded a Mind & Life Europe Francisco Varela Awards (EVAs).

The EVA 2019 Awardees are:
* Tatiana de Castro Amato Locatelli (Brazil)
* Jonathan Hamilton (United Kingdom)
* Catherine Juneau (France)
* Léa Martinon (France)
* Lena Ramstetter (Austria)
* Julio Rodriguez Larios (Belgium)
* Mareike Smolka (The Netherlands)
* Kim Lien van der Schans (The Netherlands)

Named after the neuroscientist and philosopher **Francisco J. Varela**, the EVAs have been an important and integral component of Mind & Life Europe's support of contemplative scientists and scholars. The EVAs fund rigorous examinations of contemplative practices with the ultimate goal of providing greater insight into their cognitive, affective, neurobiological and socio-cultural effects, as well as their application for reducing human suffering and promoting flourishing.

The funding program is an essential feature of Mind & Life Europe's strategy of building an interdisciplinary understanding of the mind and a key vehicle for increasing the number of exemplary scientists, scholars and clinicians involved in contemplative sciences.

The EVA 2019 projects span a wide range of research questions and approaches from the investigation of mindfulness training to change brain functioning in patients with depression to research on the integration of brain, body and phenomenology to investigate mind wandering as well as a research project on the integration of science & technology studies and contemplative science.

Mind & Life Europe extends its sincere thanks to the **Hershey Family Foundation** for its support of this programme.

Mind & Life Europe congratulates the Awardees, and wishes them well in their work.

We look forward to another successful EVA cycle 2020 with twelve applications received.

EVA 2019 RESEARCH PROJECTS (FROM LEFT TO RIGHT)

TATIANA DE CASTRO AMATO LOCATELLI
UNIFESP/NEPSIS, São Paulo, Brazil
The FO-CO Programme: Development of Contemplative Practices and Scientific Assessment Plan.

JONATHAN HAMILTON
University of Surrey, United Kingdom
Using Sustained Mindfulness Training to Change Brain Functioning in Patients with Persistent Depression.

CATHERINE JUNEAU
LAPSCO Université Clermont Auvergne, France
Investigating the Relationship between Equanimity and Automatic Emotional and Motivational Reactions.

LÉA MARTINON
LAPSCO Université Clermont Auvergne, France
Realtime Neuroimaging of Mental States: Enhancing Wellbeing by Shifting Individuals' Mode of Self-Consciousness.

LENA RAMSTETTER
University Salzburg, Austria
Meeting Global Challenges from the Inside Out: Tracing the Effects of Mindfulness on Climate Change Attitudes and Actions.

JULIO RODRIGUEZ LARIOS
KU Leuven, Belgium
Integrating Brain, Body and Phenomenology to Investigate Mind Wandering Eposides During Breath Focus Meditation: An Experience Sampling Study with Mindfulness Practitioners and Novices.

MAREIKE SMOLKA
Maastricht University, the Netherlands
Tracing Collaborative Reflection Moment-To-Moment: Bringing Science & Technology Studies to Contemplative Science and Vice Versa.

KIM LIEN VAN DER SCHANS
Behavioural Science Institute, Radboud University Nijmegen, the Netherlands
The Dynamics of Mindful Conflict in Romantic Relationships.

European Summer Research Institute (1/2)

ESRI 2020 - GROUNDING KNOWLEDGE IN UNCERTAINTY

August 10-14, 2020. Because of the worldwide pandemic, the Planning Committee of the European Summer Research Institute (ESRI) decided to go online for the first time. This allowed more than 100 people from 27 participants to join.

Centered around the theme of "Grounding Knowledge in Uncertainty", five days of program were developed including panel talks, meditation, body movement like yoga and juggling, as well as interactive group sessions. Given the virtual environment, participants were provided with pre-recordings of talks by the faculty members, who were present for in-depth discussion.

We provided multiple opportunities to engage beyond the scheduled sessions. A lively online forum allowed participants to network, and the poster sessions in the online format included short video-based explanations, a virtual gallery and opportunities for personal exchange.

Faculty included renowned scientists, contemplatives and two artists in residence. They filled the five days with inspiring insights from their fields as well as thought-provoking interactions with the participants.

5 **Days of program**

Number of participants: 113

27 **Countries represented**

Co-created wordcloud with participants on Day 5.

"ESRI is probably the only scientific event where kindness, compassion and empathy are really cultivated. The quality of the exchange between science and contemplative practices is very high and conducted in a very benevolent manner which is something unfortunately too rare and precious now."

Images: announcements on social media of MLE.

OPENING SPACE FOR AN ONLINE EXPERIMENT

While all of us were facing a new situation this summer, the MLE team together with the ESRI Planning Committee and the Hosting Team aimed at creating spaces for deep connections and insightful experiences. After an onboarding call in the week prior to the event, multiple options to interact and engage online were offered during ESRI, e.g. online forums, interactive word clouds and virtual pin boards for open questions.

Many of the faculty members followed our invitation to provide a pre-recording of their talks, so that participants could prepare themselves according to their personal schedule. That allowed us to make best use of the screen time with live panel discussios and smaller group work in virtual break-out sessions.

The virtual experience was enriched by guided yoga and Qi Gong practices as well as juggling. As is the case each year, participants were encouraged to apply to present their research in the poster session and about thirty presented their work.

"ESRI has allowed me to deepen my understanding of my research inquiry and for new insights to emerge. Furthermore it was a great opportunity to meet new researchers and practitioners and in a sense to find 'my scientific community'. Felt at home!"

PROGRAM OVERVIEW

DAY 1	**Perception & Knowledge: Enactive, Phenomenological & Contemplative Approaches**
DAY 2	**Interoception, Emotion, Body & Self**
DAY 3	**Contemplative Day**
DAY 4	**Embodying Knowledge in Arts & Contemplative Practices**
DAY 5	**AI & Synthetic Approaches**

ESRI 2020 (2/2)

ABOUT THE THEME AND THE FORMAT

The thematic arc of the three editions (2020-2022) was dedicated to the theme of "Knowledge". How do we perceive? How do we know what we know?

The current situation of a global pandemic confronts us with a state of uncertainty. Fixed beliefs are suddenly questioned, deeply rooted societal priorities are re-negotiated, the processual and provisional character of science and the complex interconnectedness of reality become more visible. And in a very practical sense, lockdowns and social distancing urge us to find new ways to lead our lives and build connections. What do knowledge and reality mean in the face of a pandemic?

ESRI 2020 extended an invitation to approach the topic of knowledge without falling into – or falling back to – the temptation of certainty. Our invitation was to recognise the uncertainty that emerges from the current pandemic, including its lockdowns and social distancing, as an opportunity to rebuild together, in a new way, our reality. How can we reconstruct our world(s) in the direction of sustainability, deep participation, and responsible interdependence?

Thus we designed ESRI 2020 as an experiment. Our idea was to use the technologies that in these extraordinary times keep us in touch as the means to explore the richness and creativity of uncertainty. Accordingly, we dedicated ESRI 2020 to the creation of a community engaged in proposing, experiencing and investigating new forms of being and meaning-making for confronting the challenges ahead.

Interaction with participants on Day 1: What do you wish for during ESRI 2020?

FACULTY 2020 (STARTING FROM TOP)

MICAH GALLEN ALLEN
Aarhus University and Cambridge University - Denmark and United Kingdom.

VEN. AYYA ANOPAMA
Germany.

MICHEL BITBOL
CNRS/Ecole Normale Supérieure Paris - Fance.

ASAF BACHRACH
Centre National de la Recherche Scientifique Paris - France.

VEN. AILEEN BARRY
Australia / Ireland.

GIOVANNA COLOMBETTI
Department of Sociology, Philosophy and Anthropology at Exeter University - United Kingdom.

LUISA DAMIANO
Philosophy of Science at University of Messina - Italy.

HSUAN-HSIU HUNG
Resident artist - Estonia.

GIULIA MOIRAGHI
Fenomeno Yoga - Italy.

J. KEVIN O'REGAN
SCIRE, CNRS & Université Paris Descartes Integrative Neuroscience and Cognition Center - France.

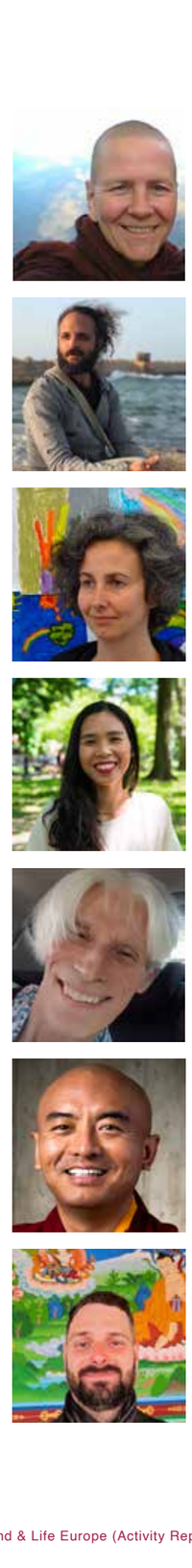
GIUSEPPE PAGNONI
University of Modena and Reggio Emilia - Italy.

YONGEY MINGYUR RINPOCHE
Tergar.

ANDREAS ROEPSTORFF
Culture and Society & Clinical Medicine at Aarhus University - Denmark.

MATTHIAS STABER
Tibetcenter Austria - Austria.

HOLGER YESHE
Tergar Meditation Community - Germany.

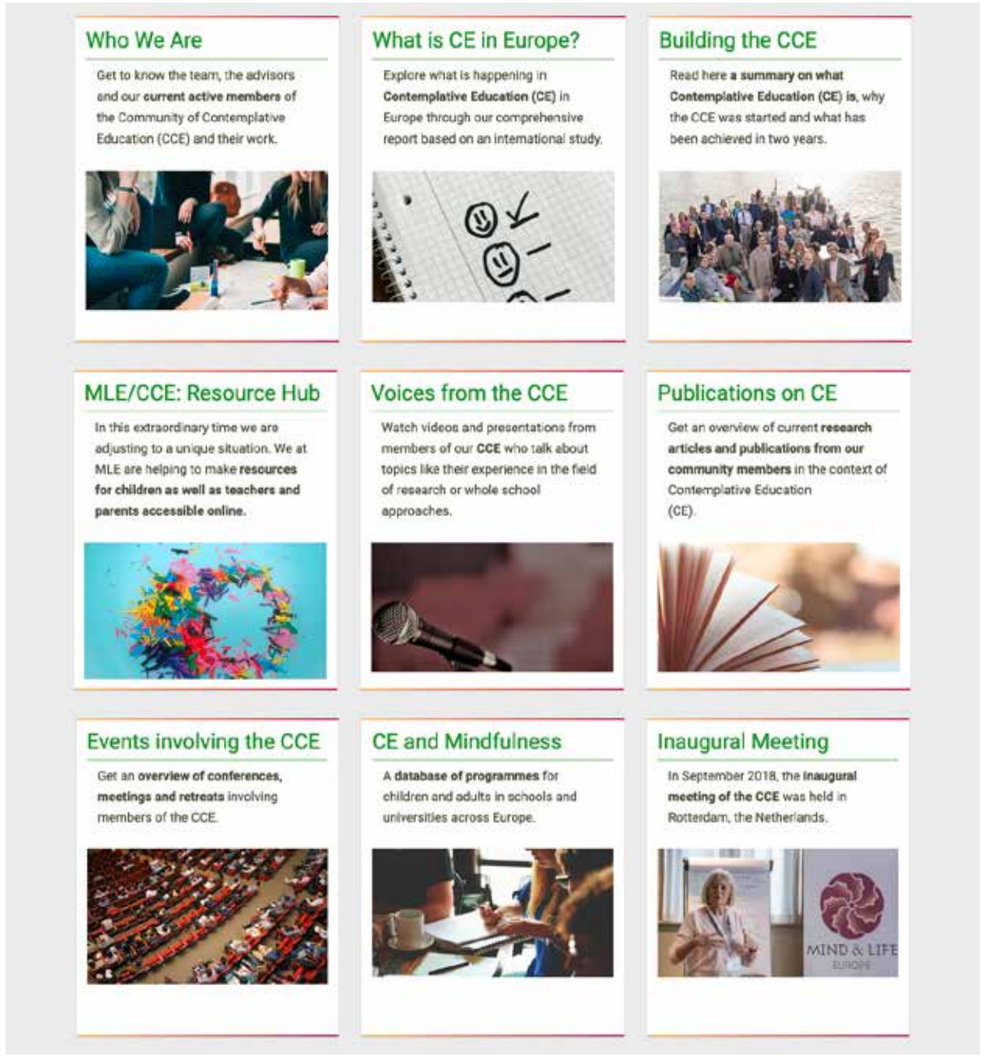


MLE Initiatives (Education) (1/2)

DEVELOPING THE FIELD OF CONTEMPLATIVE EDUCATION

In 2020, the Community of Contemplative Education (CCE) deepened and expanded its efforts fo convene experts and change-makers across Europe. These range from increasing visibility through an interactive map to providing resources in times of the pandemic. Further, we have started to host presentations in the field of contemplative education, each on one particular topic, e.g. the whole school approach of Social, Emotional and Ethical Learning.

For further information on the CCE, please visit our website: **www.mindandlife-europe.org**.



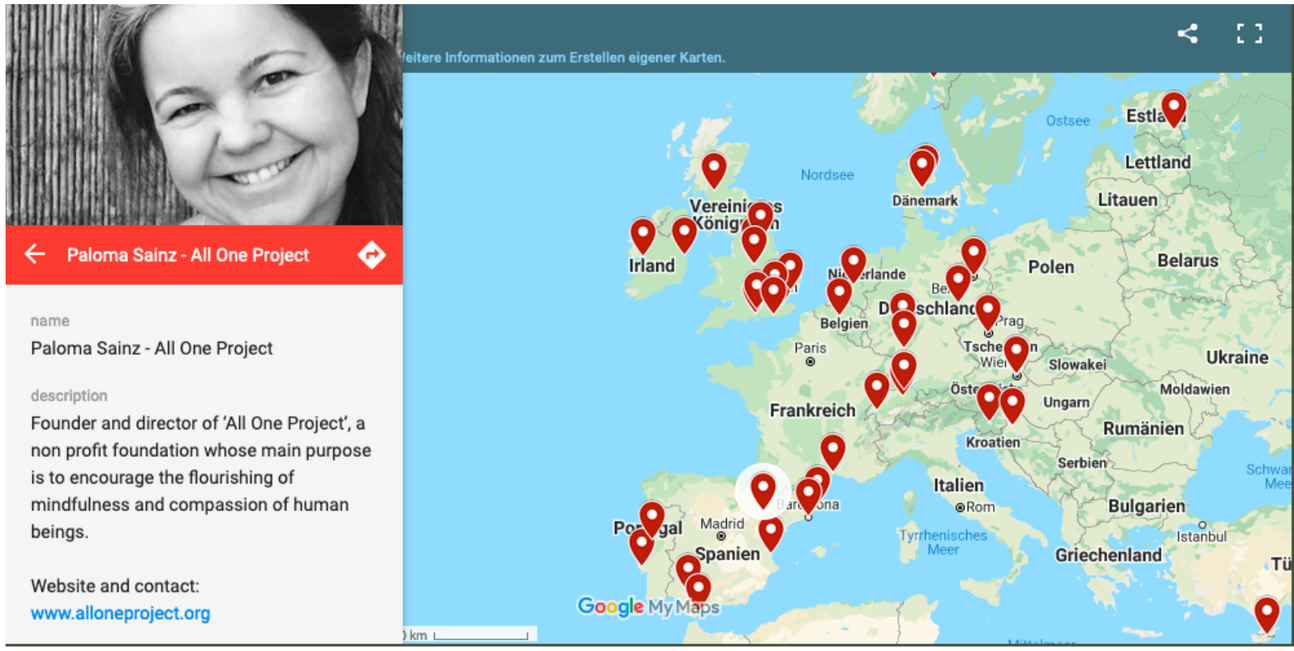
Excerpt from the CCE page on the MLE Website.

THE COMMUNITY

Voices of the CCE
In spring, we launched the campaign “Voices of the CCE” and asked CCE members to share a bit about their personal background, projects they are involved in and future topics that are relevant to the further development of the field.

Interactive map of CCE members
The map provides details on the CCE members’ organizations and their web profile. Currently, we have more than 40 people from over twenty countries profiled.

Image of the interactive mal (below); images of ‘Voices of the CCE’ (above).



MLE Initiatives (Education) (2/2)

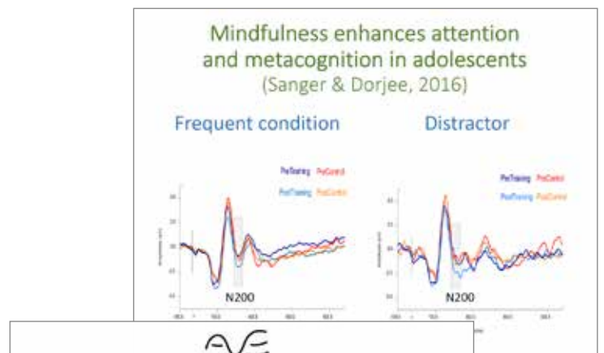
RESOURCES OF THE CCE

Programmes
In order to provide a better overview of current programmes in Contemplative Education and Mindfulness, we created a database of programmes for children and adults in schools and universities across Europe. It currently includes 25 programms with extensive descriptions, contact details and languages available.

#resources4now
This resource provides a collection of resources for teachers, school children and their parents. These include worksheets for children in different age groups as well as audio files with meditations.

MLE Volunteering
Over the course of time, we had great support from volunteers, not only in the area of education. We have received increasing support from MLE volunteers for the CCE and other initiatives. Volunteers were key to building the database for our programmes as well as for the Hosting Team for ESRI 2020.

> *"I feel inspired by MLE's vision and dedication to build a genuine community that fosters contemplative education, pedagogy and research. It's been a great honour for me to be able to support the CCE and MLE and our growing community of "mindful researchers" with my skills and experiences in scientific collaboration and community-building."*
> – Wolfgang Lukas, MLE Volunteer



PRESENTATIONS FROM THE COMMUNITY (WEBINARS)

In 2020, we hosted five presentations by active members of the Community of Contemplative Education (CCE). The aim is to share insights from a particular project or concept within the field of contemplative education and stimulate dialogue amongst the participants.

The presentations are typically attended by 20-30 participants. We are striving to further explore and develop the field by fostering collaborations and dialogue.

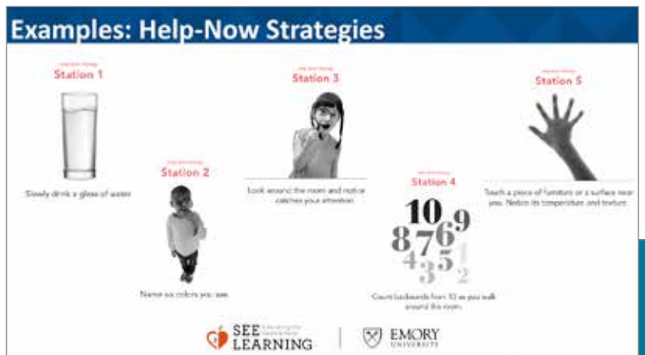
Teacher training for mindfulness and empathy in education
Dr. Arist von Hehn, AVE Institut gGmbH (April 20, 2020)

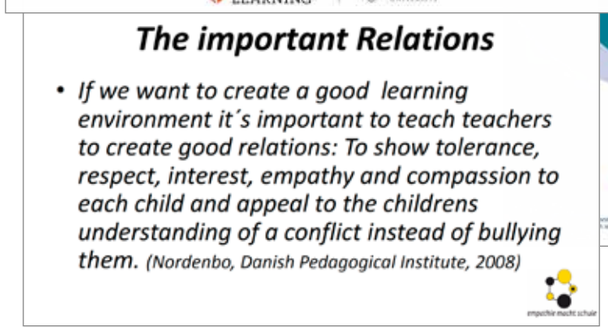
Empathie macht Schule
Helle Jensen & Corina Aguilar-Raab (June 25, 2020)

Social, Ethical and Emotional (SEE) Learning
Mikkel Kristiansen, Hans Burghardt, Tyralynn Frazier (September 17, 2020)

Developmental Contemplative Neuroscience in education: what do we know so far?
Dusana Dorjee (October 29, 2020)

The Sagol Purple Schools Program - can we go both DEEP and BROAD with a mindfulness-based whole-school program?
Nava Levit-Bunn (December 10, 2020)





MLE Dialogue with the Dalai Lama

CULTIVATING OUR COMMON HUMANITY AMIDST UNCERTAINTY

September 17, 2020. In autumn we hosted an extraordinary event with **His Holiness the Dalai Lama**. With **Matthieu Ricard**, **Andreas Roepstorff** and **Amy Cohen Varela** he discussed the necessity of ethics in education, the need to cultivate a healthy mind and the oneness of humankind.

The Dalai Lama shed light on how these uncertain times can reveal an unhealthy focus on human differences, inequalities, and individualistic thinking. He also explained how, by cultivating compassion and a sense of oneness, we can move away from a fixation on 'I' or 'they', towards a collective sense of 'we' and 'us'. "We are all social animals and sentient beings," he said. "Community, family, and a sense of 'we', are natural for us." It is logical, therefore, to focus on the 'we' instead of 'they', and turn towards those who need us.

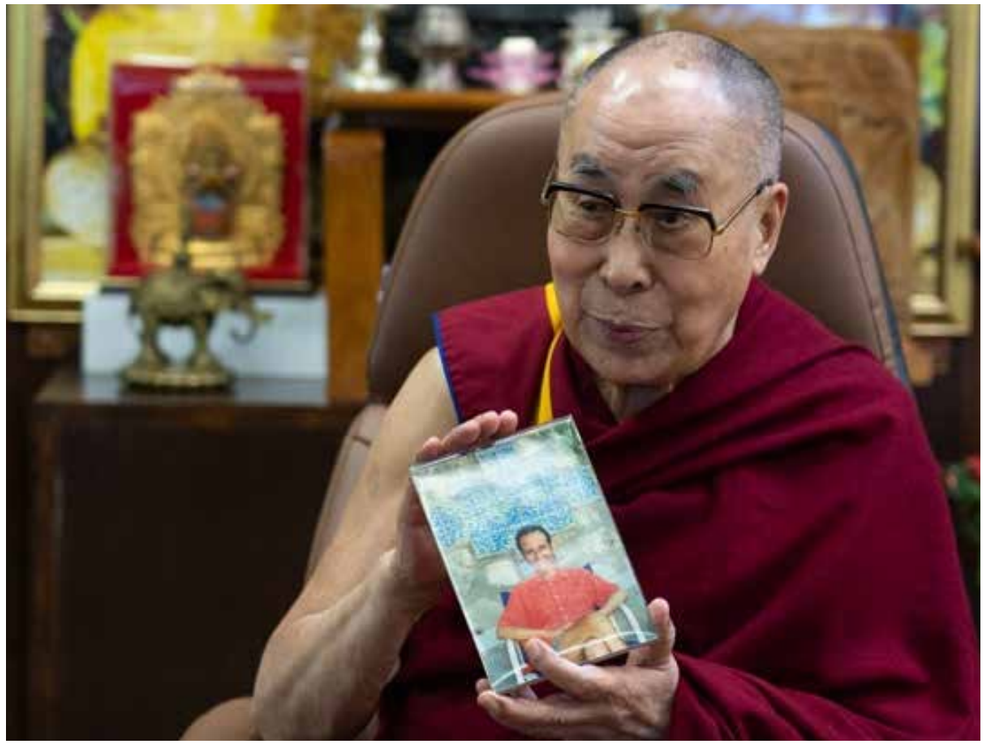
Educating ourselves about the various crises we face today, he insisted, should not just be about acquiring knowledge; it should also be about cultivating a healthy mind by nurturing feelings of compassion, love and forgiveness. Without healthy minds, we cannot have healthy lives; and without healthy lives, we cannot have healthy societies.

The Dalai Lama in conversation with Matthieu Ricard, Honorary Board Member of MLE (image: Ven. Tenzin Jamphel, 2020).

FURTHER IMPRESSIONS FROM THE MLE DIALOGUE

"Meditation, like science, allows us to investigate and question our reality," said the Dalai Lama. *"We cannot meditate on anger. But compassion and love, on the other hand, which aren't dependent on appearances but rather, on a deeper reality, allow us to question our existence constructively."*

In other words, there is no point in being angry about what is happening in the world, but there is an imperative to question it: to ask ourselves how we can help close the unhealthy gap between 'us' and 'them', and see our global population as one.



The Dalai Lama with a photo of his friend Francisco J. Varela (image: Ven. Tenzin Jamphel, 2020).

Launch: MLE Friends

MIND AND EXPERIENCE ARE A COMMUNAL PHENOMENA

May 2020. Last spring we launched our *MLE Friends* program.

Why?
The idea of a Friends group grew out of the perceived need to create an inclusive category for people interested in joining certain MLE activities without the commitment of classical membership. Equally important, we wanted to create a structure that would help us to reach people across Europe without augmenting our carbon footprint. Development of this special category of membership has started with a dedicated cache of offerings.

Following our vision to better understand the mind and cultivate the heart, our aim is to more deeply connect people who are interested in fostering human well-being. Specifically, we strive to enhance our impact regarding initiatives brought into action. We hope that the *MLE Friends* will enhance the accessibility of our work and promote the growth of our community.

Benefits
We are offering *MLE Friends* a variety of resources and opportunities.
Access to our MLE webcast "Beyond Confines - Following our Tracks" with series of seven lectures and live webinar each
10% Discount on symposia and events organized by Mind & Life Europe: discount through voucher codes for MLE (and, where possible) partner events.
Exclusive meetings: local meetings for small groups of *MLE Friends* (20-30 people).
Monthly webinars and Q&A with one of our MLE Association Members: presentation of 30 min. on a current topic and 30 min. of Q&A.

MLE FRIENDS WEBINARS

Images: announcements on social media of MLE.

OVERVIEW

Meditation and Pain from the Lenses of Phenomenology and Neuroscience
Webinar with Antoine Lutz (May 27, 2020)

The Mindful Brain
Webinar with Elena Antonova (June 20, 2020)

The Power of Compassion - Lessons from the ReSource Project
Webinar with Tania Singer (July 8, 2020)

The Subtle Mind: Essence and Interdependence
Webinar with Diego Hangartner (September 9, 2020)

Rainbow Body and Resurrection
Webinar with Father Francis Tiso (October 14)

Join us and become part of our community!

Webcast ‘Beyond Confines’

FOLLOWING OUR TRACKS

September 2020. Mind & Life Europe developed a series of webcasts called **‘Beyond Confines – Following our Tracks’** with the aim to make particular scientific insights accessible to a wider audience. This also allows substantive follow-on from the successful Beyond Confines Symposium in Fürstenfeldbruck (Germany) in October 2019.

‘Beyond Confines – Following our Tracks’ elaborates on the interdisciplinary dialogues of the Symposium. Once completed the webcast will include six tracks: philosophy, education, neuro- and cognitive science, politics, nutrition and economics.

“It’s our core belief in MLE that contemplative and mindfulness based education and practice need to be at the heart of new forms of education that meet the serious challenges of the 21st century. I am honoured to be curating this fascinating series that brings together a lively group of expert researchers and practitioners working in schools, universities and laboratories, with unparalleled expertise in exciting innovations in this growing field.”
– Katherine Weare, Curator of the series on Education

MLE FRIENDS WEBCAST SERIES

Titled “Quantum Mechanics: A Theory with no View of the World“, the first series focuses on Philosophy and specifically on quantum physics and Buddhism. It consists of seven separate modules - short (15min.) lectures hosted by **Michel Bitbol** (MLE Association Member). *MLE Friends* were invited to a live Q&A session based on the webcast, opening a space for dialogue and deeper exploration of Michel’s themes from quantum physics to the philosophical investigation of human experience.

Our second series spotlights Education. Under the title of **“Foundations of Contemplative Education (CE)”** it introduces contemplative education, outlines its scope, themes, and research base, and gives an overview of current developments in schools and universities across Europe and the rest of the world. **Katherine Weare** (Principal Investigator of the Community of Contemplative Education, CCE) is curating this series.

Two additional series in the field of education are already being filmed. We have also planned another two series on philosophy as well as the establishment of further tracks for the year 2021.

“The aim of this webcast series on philosophy is to recast the dialogue between scientific research and contemplative disciplines, so that it becomes a ‘dance’ of mutual clarification and mutual transformation, and charts the path towards an enhanced mode of human existence.”
– Michel Bitbol, Host of the series on Philosophy

‘Mind Matters’ series

SHARING MLE WITH THE PUBLIC

August 1, 2020. The ‘Mind Matters’ webinars are open to the public and include talks with internationally renowned experts in the field of contemplative science.

The first ‘Mind Matters’ event took place on August 1, 2020. Themed **“Standing at the Edge”**, **Roshi Joan Halifax** (MLE Honorary Board Member) was interviewed by **Amy Cohen Varela** (MLE Board Chair). Roshi Joan Halifax is a Zen Buddhist teacher, anthropologist, activist and Founder, Abbot and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico.

Roshi Joan spoke vividly of her history as an activist, contemplative teacher and leader, her longstanding relationship with Mind and Life, and what it means to “stand at the edge” in the times of uncertainty and impermanence we are experiencing today.

“One of the points which I think is really important is that all of us fall over the edge, to greater or lesser degress.

And there are two things that I think were really important discoveries I made through the experience of others and my own experience. And that is, the medium of transformation out of the shadow states is compassion. (…)

Compassion has a blazing quality to it in terms of its process of being able to see deeply into reality. And of course it includes the aspiration to transform suffering and hopefully the actions that can address suffering. But it is to understand that compassion is the means for transforming these shadow conditions.”
– Roshi Joan Halifax

WELLBEING IS A SKILL

November 12, 2020. The second ‘Mind Matters’ event took place in late fall with **Richard J. Davidson**, Director of the Center for Healthy Minds, University of Wisconsin-Madison on the topic of **“Well-Being is a Skill”**.

This talk considered scientific evidence that suggests that we can change our brains by transforming our minds and cultivate habits of mind that will improve well-being. These include happiness, resilience, compassion and emotional balance. These mental training strategies can be used to improve the well-being of children, teachers, parents and ultimately communities.
The talk provided an overview of neuroscientifically validated constituents of well-being and showed how each of these is rooted in specific brain circuits that exhibit plasticity and thus can be modified through training. These practices can be applied in a wide range of contexts and have the potential to positively impact social change.

The next ‘Mind Matters’ webinar is planned for February 17, 2021, with Matthieu Ricard, MLE Honorary Board Member.

“Most people would agree that their minds are actually more important than their teeth. And yet, there is still such a large segment of the population that doesn’t care for their minds in the same way they care for our teeth.”
– Richard J. Davidson

Board and Annual General Meeting

MLE FUTURE PERSPECTIVES MEETING & BOARD OF DIRECTORS

February 21-22, 2020: Vienna, Austria. In February, a group of MLE Association and Board Members came together for the Future Perspective Meeting in Vienna. Over two days, the group of fourteen members and staff 'mind-stormed', discussing our future path and strategic impulses for the year to come.

The significance of our values to our vocation as a convener in the field of contemplative science was explored, as were ways of cultivating the next generation of young researchers and connecting them to more experienced scientists and contemplative scholars. As a result, MLE has instituted a mentorship program for European Varela Awardees.

September 26, 2020. During the Annual General Meeting (AGM) held by Mind & Life Europe two members of the board stepped back. We are enormously grateful for the engagement and contributions of **Astrid Lunkes** and **Charles-Antoine Janssen** to the work of Mind & Life Europe.

INTRODUCING THE NEW MANAGING DIRECTOR: GABOR KARSAI

I am pleased to introduce **Gabor Karsai** as my successor as Managing Director of Mind & Life Europe. Gabor, based near Budapest, Hungary, is a long-standing member of the MLE Association, and presently serves as Rector of the Dharma Gate Buddhist College in Budapest, as well as Professor of Philosophy and Religious Studies. Gabor has undertaken Ph.D studies with a focus on process philosophy (A. N. Whitehead), phenomenology and Buddhism. Over the last 15 years, he has had extensive management engagements, including as a deputy CEO at Bankar Holding Plc. (Hungary), Director of the Spirit of Humanity Forum (Iceland), the Education for Peace Foundation (Switzerland) and as CEO at the Ling Jiou Mountain Buddhist Society (Taiwan). He combines practical experience in running a not for profit organisation together with a deep appreciation for contemplative practice and science as well as the values and vision which MLE embodies. Please join me in welcoming Gabor Karsai to Mind & Life Europe as its new Managing Director. – Cornelius Pietzner

Upcoming Activities: 2021

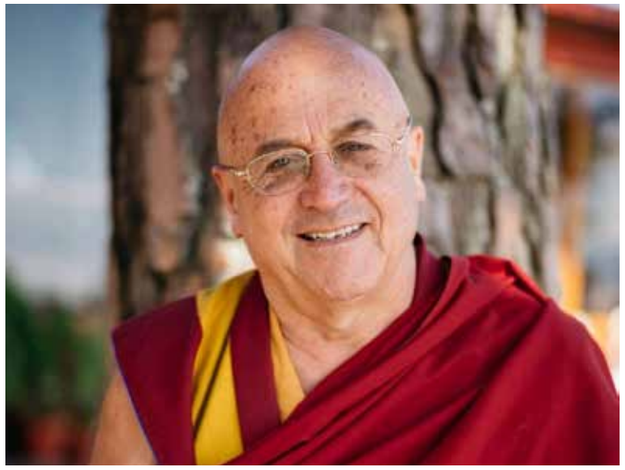
GROWING THE COMMUNITY ACROSS EUROPE

In the coming year, we will host our regular events such as the **Annual General Meeting (AGM)** and the **European Summer Research Institute (ESRI)**. Further, we have already planned the **MLE Retreat** in two subsequent events: an online meeting in February and a face-to-face Retreat in Switzerland in November, 2021.

We are also expanding out our ***MLE Friends*** program and have already planned more interactive webinars. We look forward to continuing the **'Mind Matters' webinars** which will feature Matthieu Ricard in February.

Our **webcast 'Beyond Confines - Following our Tracks'** will continue with additional series in Philosophy and Education, followed by tracks in Economics, Nutrition, Politics, Neuro and Cognitive Science.

Images: Mind & Life Europe; official Facebook page Matthieu Ricard.



OVERVIEW 2021

Jan	**Webcast 'Beyond Confines',** release Education series #2
Feb	**MLE Friends Webinar** with Donata Schoeller
Feb 12-14	**MLE Retreat,** Online
Feb 17	**'Mind Matters' Webinar with Matthieu Ricard**
March	**MLE Friends Webinar** with Claire Petitmengin
April	**Webcast 'Beyond Confines',** release Education series #3
May 2	**MLE Friends Webinar** with Steven Laureys
August 15-22	**European Summer Research Institute (ESRI),** Germany
Nov. 18-21	**MLE Retreat,** Switzerland

Our People

BOARD MEMBERS

AMY COHEN VARELA
France

CHARLES-ANTOINE JANSSEN
Belgium / India
(until September 2020)

ASTRID LUNKES
Germany
(until September 2020)

ERICK RINNER
Switzerland

ANDREAS ROEPSTORFF
Denmark

CHRISTIAN THALHAMMER
Austria

WOLF SINGER
Germany

HONORARY BOARD MEMBERS

ROSHI JOAN HALIFAX
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Germany

To learn more about our sister organization, the Mind & Life Institute, please visit their website www.mindandlife.org or see our FAQ on www.mindandlife-europe.org.

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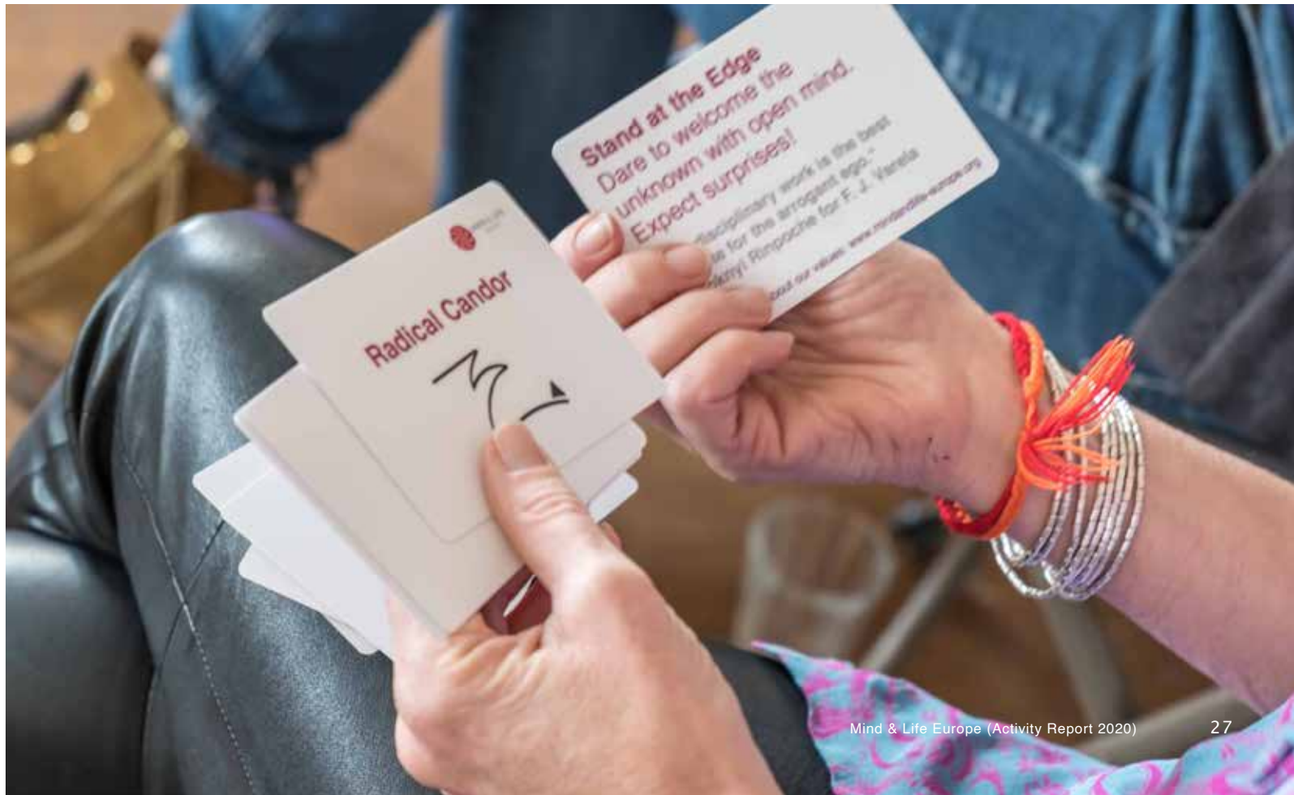

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