



OREN ERGAS

Vanier Senior Common Room, 010 Vanier college

Monday, April 8, 10 – 12am

Light refreshments will be served

“Mindfulness in Education: What is it about and what can we expect of it?”

Dr. Oren Ergas is Senior Lecturer in the Faculty of Education, Beit Berl College. In this introductory talk, Dr. Ergas will describe the field of mindfulness in education as it has been developing in the past fifteen years. The talk will include the presentation of a framework for understanding what mindfulness and other contemplative practices can offer contemporary education when we conceive of them in both the narrow and broad terms. Dr. Ergas will present examples from his work in implementing mindfulness with teachers and higher education students, showing the limits, the challenges and the potentials of mindfulness in engendering well-being and personal transformation.

Dr. Ergas’ recent publications include:

Restructuring “Education” Through Mindful Attention: Positioning the Mind at the Center of Curriculum (London, U.K.: Palgrave Macmillan, 2017)

Philosophy East/West: Exploring Intersections Between Education and Contemplative Practices, Oren Ergas and Sharon Todd (eds.) (Chichester, U.K: Wiley Blackwell, 2016).

For further information contact Deborah Orr, dorr@yorku.ca