

CONTEMPLATIVE INQUIRY

A NEW APPROACH TO ADULT LEARNING

Two-day seminar with
Dr Arthur Zajonc

Contemplative Inquiry is a transformative activity that aims to help educators and students

- Cultivate an enhanced attention and emotional balance that leads to improved wellbeing and performance
- Develop new faculties that enable insight and creativity in the discovery process.

This seminar will appeal to all adult educators looking for a contemporary approach to learning – for themselves and their students – that is scientifically grounded, eye opening and personally rewarding.

April 13 - 14, 2010
Merton College, Oxford, UK

Organised by **Crossfields Institute**



CONTEMPLATIVE INQUIRY

A new approach to adult learning

In this seminar Arthur Zajonc will present and lead a process for adult educators to experience and practise a series of inner and outer exercises. Contemplative inquiry focuses on 'reflection' as a crucial factor in adult learning. By bringing together newly emerging meditative practices and the contemplative tradition from within many cultures, the student can develop contemporary aspects to their learning and research. Anyone interested in the field of adult learning (including lecturers, teachers, trainers, carers, coaches) is invited to attend this innovative seminar. CPD certificates (for 12 contact hours) are available for this event.

"Arthur Zajonc's seminar gave me both the tools and the confidence to deepen the contemplative dimension of my own practice as a teacher. He leads not only by skilful facilitation but also by embodying his own teaching."

Dr Isis Brook, Senior lecturer in philosophy, University of Central Lancashire

Opening talk

The Place of Contemplation in Education

Monday April 12: 7pm – 9pm

£10 for seminar non-attendees, everyone welcome

Seminar dates

Tuesday April 13: 9am – 5.30pm

Wednesday April 14: 9am – 3.30pm

Booking

To book your place on the seminar, go to: www.crossfieldsinstitute.com or call Simon Reakes on 01453 808 118

Information

For further information on the seminar please call George Perry on 01452 813 262

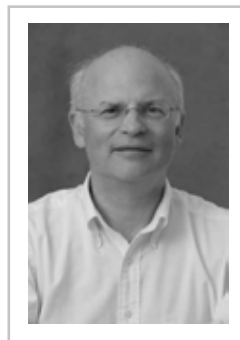
Dr Arthur Zajonc

Arthur Zajonc is the director of the Academic Program of the Center for Contemplative Mind which supports appropriate inclusion of contemplative practice in higher education. He is professor of physics at Amherst College, where he has taught since 1978. His research has included studies in parity violation in atoms, the experimental foundations of quantum physics, and the relationship between sciences, the humanities and meditation.

Arthur is the author of a new book: *Meditation as Contemplative Inquiry* (Lindisfarne Books 2009). He has also written *Catching the Light*. Since 1997 he has served as scientific coordinator for the Mind and Life dialogue with H.H. the Dalai Lama.

"Arthur Zajonc offers a method of contemplative beholding braided with scientific discipline in which essence may be perceived – valuable for capacity building and integrated solutions."

Aonghus Gordon, Founder and Director of Ruskin Mill Educational Trust



Venue

Merton College
Merton Street
Oxford OX1 4JD

Cost

£235.....	Seminar fee
£195.....	Students
£195.....	Early bookings received by end of January 2010
£195.....	Crossfields Institute affiliates

Accommodation is not included in the seminar fee. Crossfields Institute will provide information on accommodation on campus and in the area.