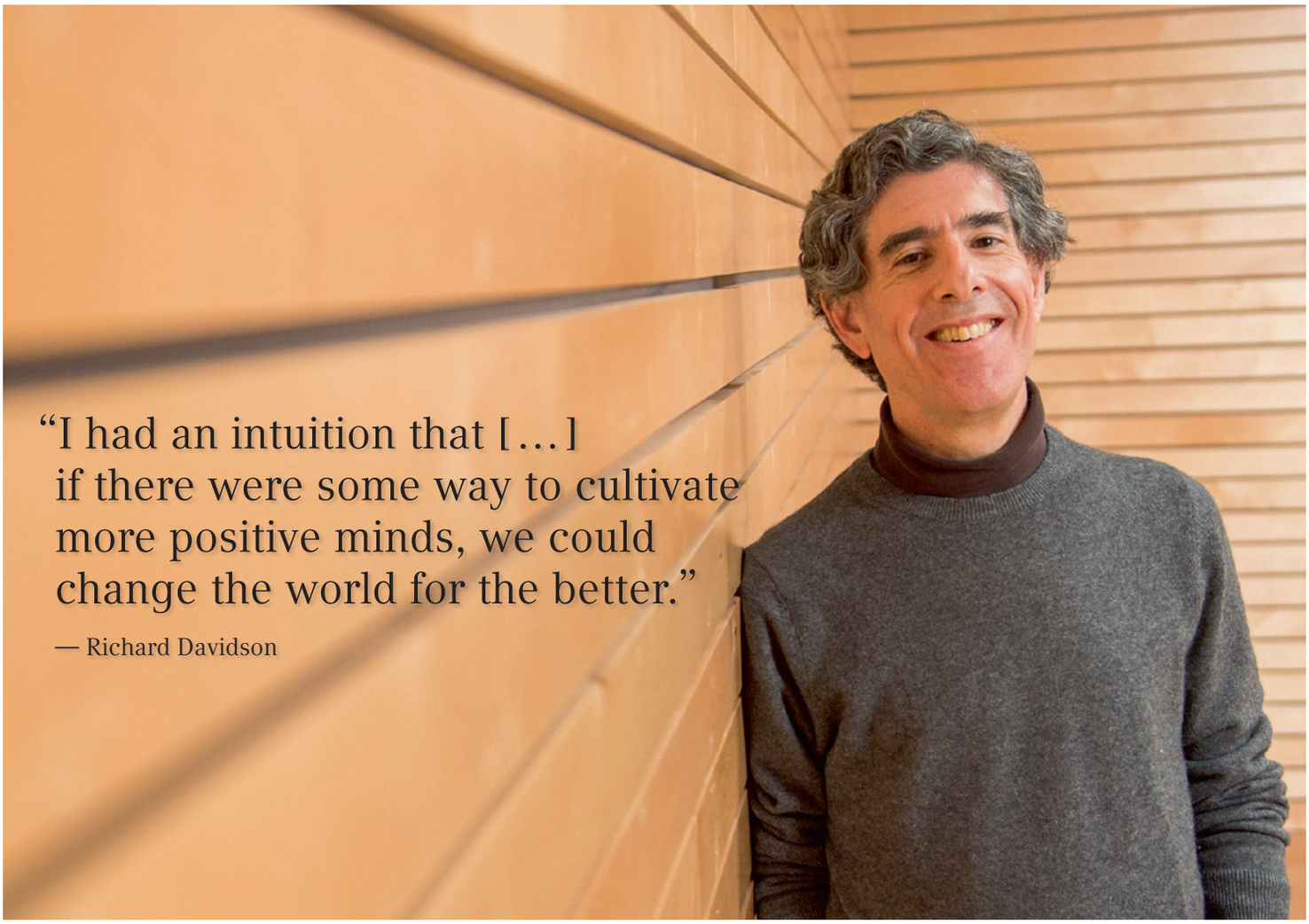

YOUR WELL-BEING MATTERS. GLOBAL WELL-BEING MATTERS.

Join the public conference and learn more about well-being skills and join us in creating a kinder, wiser and more compassionate society.

Meditation research pioneer, Dr. Richard Davidson, to speak on the effects of meditation on brain and mind at Landguet Ried, Center for mindful living, in Niederwangen, Bern on his first ever public appearance in Switzerland.

A Dialogue with Dr. RICHARD DAVIDSON

Keynote and panel discussions with health, education and business professionals

Tuesday, 10 April, 2018, in Bern, Switzerland

Dr. Richard Davidson is best known for his groundbreaking work studying emotion and the brain. A friend and confidante of the Dalai Lama, he is a highly sought after expert and speaker, leading conversations on well-being on international stages such as the World Economic Forum.

On this day-event Dr. Richard Davidson will share the most exciting aspects of his ground-breaking research that suggests that “well-being is a skill” and, as such, it can be trained and cultivated.

The events program includes research presentations, expert panel discussions with representatives of health, education and business professionals and interactive sessions to discover personally, how meditation practice is already transforming the way we live, heal, learn and work.

LANDGUET RIED
Center for mindful living

More details: www.landguet.ch/richard-davidson