



**Online Course via Zoom:
The Neuroscience of Meditation Practices.**

With Dr. Julie Brefczynski-Lewis

Dates: 4 consecutive Tuesdays Evening Sessions

January 20, 27, February 3 & 10 2026

Time: 7.00pm-8.30pm Eastern (New York) time

Cost: Online courses are by donation



In this course, we will dive into how the brain's attention, emotion, and motivational systems work, such that Buddhist and secular practitioners alike may better appreciate mindfulness practices and teachings. Being careful not to materialize, we will examine the pros and cons of secular mindfulness approaches in reducing human suffering, view scientific studies on meditation with a Buddhist lens, and debate how the omission of certain traditional elements influenced current issues in the field. This is not just a passive course on secular mindfulness-based interventions, as we will experiment with and discuss novel ways of integrating more traditional roots into these practices.

Week 1: Mindfulness practices, research and applications

Week 2: Attention and emotions– science is catching up with Abhidharma

Week 3: Using neuroscience knowledge to make space for tradition, without imposing faith

Week 4: Knowing how the brain works may help one live a meaningful life

Dr. Julie Brefczynski-Lewis is a Research Assistant Professor in the Department of Neuroscience at West Virginia University. She received her PhD in Cell Biology, Neurobiology, and Anatomy from the Medical College of Wisconsin. Brefczynski-Lewis has been practicing and researching meditation practices for more than 20 years. Currently, the Brefczynski-Lewis lab is testing the effectiveness of compassion meditation to help deal with the stress and negative emotions related to difficult interpersonal relationships, and has helped developed novel neuroimaging methods that allow more natural behavioural testing.

Bookings and Enquiries

Email: office@evam.org to receive zoom details and other course details.

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