



Rencontres internationales

SCIENCE ART MEDITATION SAM 2018

Friday June 29 to Sunday July 1st 2018

Palais de la Musique et des Congrès, Strasbourg, France

With the participation of:

Susanne Abbuehl - Martine Batchelor - Delphine Batho - Audrey Berté - Benoît Billot - Michel Bitbol - Jean-Gérard Bloch - Guido Bondolfi - Gaël Chételat - Amy Cohen-Varela - Benoît Corboz - Gonzague de Blignières - Guibert del Marmol - Marc de Smedt - Aurélie Godefroy - Sylvie Guillem - Jon Kabat-Zinn - Perla Kaliman - Jean-Philippe Lachaux - Caroline Lachowsky - Frédéric Lopez - Antoine Lutz - Elisabeth Marshall - Guillaume Néry - Luc Petton - Matthieu Ricard - Amandine Roche - Pacôme Rupin - Steve Shehan - Jean Sibilis - Erik Truffaz

SCIENCE ART MEDITATION SAM 2018 is a 3 day international biennial program offering a unique live experience, exploring meditation, nurturing wholeness, encouraging intention, and presenting a complementary medical approach based on prevention. Lively conferences, artistic performances and workshops with audience interactions bring new perspectives, weaving scientific and humanistic panel discussions with sensations and emotions inspired by art and meditation. Topics include: philosophy, history, business, education, health, and science.

The event is mainstream, collaborative, and open to everyone.

SCIENCE ART MEDITATION SAM 2018 pursues a process undertaken since 2010 with the University of Strasbourg and its medical school to combine the development of complementary approaches in research and medical education. Current medical research programs include *Breast Cancer and Meditation Study* at the University of Strasbourg hospitals, and *Medit' Aging* at the University of Caen. These neuroscience researchers are studying the impact of meditation on consciousness, attention, emotion regulation, pain perception, and aging.

The modern world is in crisis, the planet in danger and our societies more and more unfair. Is it time for revival? As Francisco Varela said: "the rediscovery of the Buddhist tradition is a renaissance in the cultural history of the West, its impact will be as important as that of the rediscovery of Greek philosophy during the European Renaissance". We are perhaps at the beginning of a major shift in civilization, a movement linked to meditation and the inner revolution it offers.

We all wonder why the world seems so unfair, why life is a source of suffering and how each of us could humbly contribute to make it better. The idea that changing ourselves to change the world is not new and great thinkers of all traditions agree. SAM's approach aligns with this way of thinking. As Pierre Rabhi said: "there will be no true revolution of civilization without a deep inner change in us, without a revelation of what is profound in us."

Meditation offers to find again our ability for wonder, a unique human feature in the reign of the living, to develop our beginner's mind. Art as meditation makes us see the invisible, hear the unspeakable, know the unexplainable and allows us to access our intuitive intelligence of the body and the heart and realize that the mystery escaping rationality is part of the wholeness.

Did we always meditate? How does meditation affect our view of the world, our way of being in the world, our attention, decision-making and actions? Can meditation allow us to change the world? What are the mutual contributions of neuroscience and meditation? What are the interactions between body,

state of consciousness, and meditation? What are the links between body and mind? We will address these questions and more during our presentations.

The speakers

Susanne Abbuehl singer and composer, professor for jazz voice, ensemble and composition for and with words at the University of Applied Sciences and Arts in Lucerne and the Haute Ecole de Musique HEMU in Lausanne - **Martine Batchelor** meditation teacher - **Delphine Batho** member of the French parliament - **Audrey Berté** Co-founder and chair of Initiative Mindfulness France - **Benoît Billot** Benedictine monk - **Michel Bitbol** researcher at CNRS, Archives Husserl, ENS, Paris - **Jean-Gérard Bloch** MD, Rheumatologist - **Guido Bondolfi**, professor at the Faculty of Medicine of the University of Geneva and chief medical officer of the service of liaison psychiatry of the Geneva University Hospitals, Switzerland - **Gaël Chételat**, Director of Research at Inserm, University of Caen - **Amy Cohen-Varela** Chairperson of the Mind & Life Europe Board - **Benoît Corboz**, musician - **Gonzague de Blignières** co-founder of RAISE - **Guibert del Marmol** mentor, author and speaker specializing in "regenerative" economy and co-chairman of Lunt Foundation - **Sylvie Guillem** star dancer and activist - **Jon Kabat-Zinn** mindfulness teacher - **Perla Kaliman** Ph.D. in Biochemistry, research associate at the Center for Mind and Brain at UC Davis; collaborator of the Center for Healthy Minds at the University of Wisconsin Madison and associate professor at the Open University of Catalonia - **Jean-Philippe Lachaux** Research Director INSERM at Lyon Neuroscience Research Center - **Frédéric Lopez** journalist and TV show producer - **Antoine Lutz** Research Director INSERM at Lyon Neuroscience Research Center - **Guillaume Néry** freediving world champion - **Luc Petton** dancer and choreographer - **Matthieu Ricard** Buddhist monk - **Amandine Roche** Human Right Specialist - **Pacôme Rupin** member of the French parliament - **Steve Shehan** musician - **Jean Sibilis** Dean, Medical School, University of Strasbourg and President, Dean's National Conference - **Erik Truffaz** musician

The moderators

Marc de Smedt publisher and author
Aurélié Godefroy journalist, TV show host and author
Caroline Lachowsky Radio France Internationale talk show host and producer
Elisabeth Marshall Sens & santé magazine editor in chief

SCIENCE ART MEDITATION SAM 2018 is organized by Science Art Meditation Association, chaired by Jean Sibilis Dean, Medical School, University of Strasbourg and President, Dean's National Conference, and Jean-Gérard Bloch MD, Rheumatologist. It is supported by the Medical School and the University of Strasbourg, and the city of Strasbourg.

Media Partners: Sens & Santé magazine, ARTE TV, Moment by moment magazine (Germany)

Conference committee: Jean-Gérard Bloch - Jean Sibilis - Sophie Stern

Support committee: Frédéric Creplet - Laurent Debacker - Corinne Drapp - Christian Heinhorn - Marc Lochert - Astrid Lunkes - Pierre Soler Couteaux

Press Contacts

National and International Press : SAM 2018 - Sophie Stern

Tél : +33 6 37 61 91 04 - sophie.stern@sam-2018.com

Local Press : University of Strasbourg – Christine Guillot

Tél : +33 3 68 85 14 36 - christineguillot@unistra.fr

Once upon a time... SAM

On Friday September 16 2016, the University of Strasbourg presented « **Body-Mind-Science: conversations with the Dalaï Lama** », a conference merging **medicine, modern science, engagement, and meditation**.

This unique dialogue with the scientific community and the Dalai Lama was a first in France. It was organized by Alain Beretz and Michel Deneken, Presidents, University of Strasbourg, Jean Sibiliala, Dean, Medical School, University of Strasbourg and Jean-Gérard Bloch, MD.

The engagement was so profound, Jean Sibiliala and Jean-Gérard Bloch decided to bring the experience to a wider audience. And **SAM** was born!

The story before the story

The dialogue with the Dalai Lama echoed the innovative presence of meditation since 2010 at the University and the University Hospital of Strasbourg, with *Mindfulness-Based Stress Reduction* programs for patients and caregivers, meditation courses offered in Medical School and School of Psychology, and the continuing medical education course, *Medicine, Meditation, and Neuroscience*, for health professionals.

“A physician... is a body and mind doctor! Medicine can only be integrative... from knowledge to awareness. Humility, far from pride, allows one to take care of another person, from all perceived perspectives; with patience, empathy and respect.

Educators of young physicians are the guides on an enthusiastic journey to knowledge and mastery of the incredible mechanisms of life. This also requires walking a more tortuous and narrow path to one’s soul.

Science and humanism, from all aspects, are the two key pieces of a long and wonderful apprenticeship nurtured with a diversity of codes and cultures, based on methodological and professional savoir-faire.

Acquiring this complex symbiosis is certainly difficult.

Accompanying our young and not so young doctors and caregivers in the lifelong education process is the mission of a medical university enriched with its hard, human and social sciences. It is our responsibility to teach and transmit body and mind health to modestly change the world, to make it better for future generations... it is the essence of our academic missions.”

Jean Sibiliala
Dean, Medical School, University of Strasbourg
President, Dean’s National Conference

“We implemented meditation at the University and the University Hospital of Strasbourg, setting it into an institutional frame in healthcare, research and academia. Since 2010, Mindfulness-Based Stress Reduction programs are offered to patients and caregivers in the Rheumatology Department of Prof. J. Sibiliala at the University Hospital. In 2012, along with Prof. G. Bertschy, we launched a continuing medical education course, *Medicine, Meditation, and Neuroscience*, at the Medical School. This training enables health professionals, physicians, psychologists and neuroscientists to experience meditation in-depth and discover its epistemological, philosophical and scientific foundations. In 2014, a meditation course is included in the Cognitive-Behavioral Therapy Master’s Degree curriculum, headed by Prof. P. Tassi, at the School of Psychology. In 2016, 3rd year students of the Medical School have the opportunity to take a meditation course.”

Jean-Gérard Bloch
MD, Rheumatologist

PROGRAMME

FRIDAY 29 JUNE 2018

20.00 Introduction / programme presentation

Jean Sibilia & Jean-Gérard Bloch

20.30 Sylvie Guillem, TWO

Choreography Russell Maliphant (8min)

20.45 Conversation Sylvie Guillem & Jon Kabat-Zinn

Q and A

SATURDAY 30 JUNE 2018

9.30 Meditation

10.00 Performance Steve Shehan

Music of the world

10.30 Round table: Wisdom traditions

Have we always meditated? What are the spiritual traditions from the Orient and the Western world teaching us? Can they help us understand today's world challenges? Materialism and quest for purpose. Can meditation guide us from ethical principles to ethical being?

Speakers:

Martine Batchelor	meditation teacher
Benoit Billot	Benedictine monk
Michel Bitbol	researcher at CNRS
Matthieu Ricard	Buddhist monk (video)

Moderator: Marc de Smedt, publisher

Grand témoin: Steve Shehan, artist

Q and A

13.00 Workshop From Meditation to Visual Art Soizic Michelot

14.00 Performance Susanne Abbuehl Trio

Vocal poetry

14.30 Round table: Mindful society

What if inner peace was at the heart of world cohesion? What if meditation could help prevent geopolitical, environmental, social, or economic human conflicts exacerbated by media hype? What if intention rhymed with commitment, sharing, social cohesion, creativity, ecology... humanity?

Speakers :

Gonzague de Blignières co-founder of RAISE

Guibert del Marmol expert in regenerative economy
Frédéric Lopez journalist, TV show producer
Amandine Roche Human Right Specialist with United Nations

Moderator : Aurélie Godefroy, journalist
Grand témoin : TBC
Q and A

16.30 Workshops

Initiative Mindfulness France Delphine Batho, Audrey Berté, Jon Kabat-Zinn, Pacôme Rupin
Mind & Life Europe Michel Bitbol, Amy Cohen-Varela, Jon Kabat-Zinn, Antoine Lutz

19.00 Concert Erik Truffaz & Benoît Coboz DUO

Jazz

In the inspiration bonding them, there is sharing friendship, based on a strong artistic collaboration. Erik Truffaz and Benoît Corboz already shared the stage in Montreux in 1986, before flying to New York for an overwhelming urban getaway.

There are also improvisation which is meditation in itself, as the two artists embark on a program with no limits and attempt to grab snippets of sound connecting them to the audience and the universe. Between heaven and hearth, between ying and yang, the duo flourishes in emotion. In addition to the unknown, the program draws from Erik Truffaz 4tet last albums.

SUNDAY 1st JULY 2018

9.30 Meditation

10.00 Performance Luc Petton

Dance, Silent dream

In the heart of silence, movements speak of mystery about themselves.

Time stretches out, gesture refines, sight takes its time to settle, breathing calms down, and then we can see.

Choreography: Luc Petton

Dancers: SunA Lee, Tuomas Lahti

Created for « Jours de Silence » a Chaillot national theater's project.

Q and A

10.30 Round table: Science and conscience

Science is currently exploring through meditation, the weft of our reality in the moment and the relationship with oneself and others, in order to understand emotional regulation mechanisms, compassion, attention and its role in learning, decision making and education. How do brain imaging, neuroscience, and epigenetics validate the effects of meditation on the brain, mind, neuroplasticity and gene expression? What if meditation favors positive brain aging and the prevention of Alzheimer's disease?

Speakers :

Gaël Chételat

Director of Research at Inserm

Perla Kaliman

Research Associate at the Center for Mind and Brain UC Davis

Jean-Philippe Lachaux Director of Research at Inserm
Antoine Lutz Director of Research at Inserm

Moderator : Caroline Lachowsky, journalist
Grand témoin : Luc Petton, artist
Q and A

13.00 Meditation

14.00 Performance Guillaume Néry
Freediving journey

14.30 Round table: Mind body medicine

The practice of meditation allows us to learn how to synchronize body and mind. Created in 1979 by Jon Kabat-Zinn, the MBSR (Mindfulness-Based Stress reduction) program is scientifically investigated to validate the beneficial effects of meditation on health and promote the wide development of this public health program. The psychology of anxiety and depression coupled with the knowledge of stress physiology, is at the heart of the potential impact of therapeutic interventions based on mindfulness in many diseases. The effects of meditation are notable at the level of the telomeres which are real biological clocks, negatively influenced by chronic stress, and positively through meditation. Recent studies are starting to show how practicing mindfulness changes the patient's relationship with the present moment and life in order to deal with it more serenely. The panelists will discuss how meditation can reintroduce human values to improve healthcare and thus create a participatory and integrative human medicine as a whole (body, mind, heart).

Speakers :

Jean-Gérard Bloch	MD, Rheumatologist
Guido Bondolfi	professor, Medical School, University of Geneva
Jon Kabat-Zinn	meditation teacher
Jean Sibilila	Dean, Medical School, University of Strasbourg

Moderator: Elisabeth Marshall, journalist
Grand témoin: Guillaume Néry, freediver
Q and A

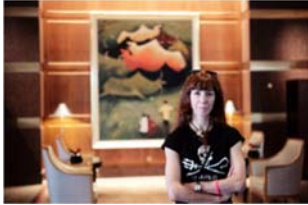
Round table presented in partnership with Sens & santé magazine

16.00 Conference Jon Kabat-Zinn

Q and A

18.00 Closing

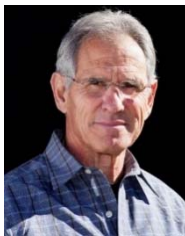
SAM's Emeritus Family



Sylvie Guillem

One of the most acclaimed dancers of her generation, she became the Paris Opera Ballet's youngest-ever étoile promoted by company's Artistic Director Rudolf Nureyev. As Principal Guest Artist, she won worldwide renown for her performances with London Royal Ballet, and companies around the world. She forged rich creative relationships with world's leading contemporary choreographers and directors, including Maurice Béjart, William Forsythe, Mats Ek, Akram Khan, Russell Maliphant and Robert Lepage. She works extensively as an ecological activist and sits on the advisory board of the charity Sea Shepherd Conservation Society, dedicated to protecting ocean wildlife

"Discipline is not a straitjacket but paradoxically a setting for a bigger freedom. A "medication" that we willingly take, regularly, to free ourselves as much as possible from the constraints of doubt. For 36 years, 98% of the mornings and about 25% of the evenings, I was practicing this refocus... this form of meditation... this discipline... without realizing it. Beside the physical training, it is also an essential mental preparation. Because the true moment, or to be more precise, the TRUE moment, happens on stage. And more is the moment free from doubt and questioning, greater is our chance to touch harmony."
Sylvie Guillem



Jon Kabat-Zinn

Founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is also the founding director of its renowned Stress Reduction Clinic and Professor of Medicine emeritus at the University of Massachusetts Medical School. He teaches mindfulness and Mindfulness-Based Stress Reduction (MBSR) in various venues around the world. He received his Ph.D. in molecular biology from MIT in 1971.

*"Meditation is a way of being, not a technique. Meditation is not about trying to get anywhere else. It is allowing yourself to be exactly where you are and as you are, and the world to be exactly as it is in this moment as well. Meditation is the cultivation of the gesture of welcoming unflinchingly whatever arises – of welcoming it wholeheartedly into awareness. We take care of the future best by taking care of the present **now**."*
Jon Kabat-Zinn

Our guest speakers, scientists, artists are all renown experts. In common, they have a contemplative and meditation practice experience.



Swiss/Dutch singer and composer **Susanne Abbuehl** (*1970) studied jazz voice with Rachel Gould and Jeanne Lee at the Royal Conservatory of The Hague, North Indian classical singing with Prabha Atre and composition with Diderik Wagenaar. Susanne Abbuehl has been an ECM Recording Artist since 2001 and has toured worldwide. Susanne Abbuehl won the EUROPEAN MUSICIAN 2017 award from the Académie du jazz. The award is given for the totality of the artistic career and recent activities. Previous awards and prizes have included an EDISON AWARD (Dutch grammy) for „April“ (2002) and the Grand prix du disque de l'Academie Charles Cros for „Princess“ (2017). In 2016 she was one of the recipients of the SWISS MUSIC PRIZE. Susanne Abbuehl is professor for jazz voice, ensemble and composition for and with words at the University of Applied Sciences and Arts in Lucerne as well as at the Haute Ecole de Musique HEMU in Lausanne.



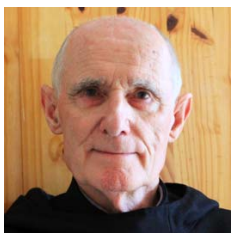
Martine Batchelor was ordained as a Buddhist nun in Korea in 1975. She studied Ganhwa Seon under the guidance of the late Master Kusan at Songgwang Sa until 1984. From 1981 she served as Kusan Seunim's interpreter and accompanied him on lecture tours throughout the United States and Europe. She translated his book *The Way of Korean Zen*. She returned to Europe in 1985. She worked as a lecturer and spiritual counselor both at Gaia House and elsewhere in Britain. She was also involved in interfaith dialogue and was a Trustee of the International Sacred Literature Trust until 2000. In 1992 she published, as co-editor, *Buddhism and Ecology*. In 1996 she published, as editor, *Walking on Lotus Flowers*, which in 2001 was reissued under the title *Women on the Buddhist Path*. She is the author of *Principles of Zen, Meditation for Life* (an illustrated book on meditation), *The Path of Compassion* (a translation from the Korean, with reference to the original Chinese, of the Brahma's Net Sutra, i.e. the Bodhisattva Precepts), *Women in Korean Zen* and more recently *Let Go: A Buddhist Guide to Breaking Free of Habits*. Her latest book is *The Spirit of the Buddha*. In 2014 she wrote a paper for Contemporary Buddhism called *Meditation and Mindfulness*. She has also contributed a chapter entitled *Meditation: Practice and Experience* for the forthcoming *The Psychology of Meditation*, ed. West, to be published by Oxford University Press. She leads meditation retreats worldwide and now lives in France. Recently she was asked to help create a manual and teach for the project *Meditageing* which is part of the Silver Santé Study in Caen."



Delphine Batho is member of the French parliament for the Deux-Sèvres (French department) since 2007. She has been Minister of the Ecology, Sustainable development and Energy from 2012 to 2013. She committed early into volunteer work. During her teenage years, she contributed to the Médecins du monde campaign: « Action Ecole ». She was president of the high school union the FIDL from 1990 to 1992, and vice-president of SOS-Racisme from 1992 to 1998. During her professional life, she worked from 1999 to 2007, as a specialist in security and the fight against violence's politics. At the National Assembly, she is particularly committed to ecological issues, energy, agricultural and industrial policies, the moral improvement of public life, as well as the fight against lobby influence. She is at the moment member of the Commission of the national defense and armed forces. Delphine Batho is the author of *Insoumise* (Grasset, 2014). She followed a first training in meditation in 2016. She has been one of the first French political leader to publicly testify about the contributions of this practice. With Pacôme Rupin, MP of Paris, she boosted the setting up of a practice group at the National assembly for Members of Parliament and collaborators.



Audrey Berté Co-founder and chair of Initiative Mindfulness France, Audrey has led a number of projects aiming at bringing awareness of the benefits of mindfulness, particularly at the British Embassy in Paris where she worked for 7 years and acted to develop a culture of coaching and wellbeing at work. Today she carries on investing her time in bringing the benefits of the practice known in the workplace and in the education sector as well as working as a life and professional coach. She is also involved with La Fabrique Spinoza to promote the development of knowledge on happiness and to develop high impact initiatives towards happiness in society and more specifically in the workplace.



Benoît (Michel) Billot studied physics and natural science, and then attended the Ecole Nationale d'Horticulture in Versailles. Afterward he entered the Benedictine order where, after six years' training, he was ordained a priest. For twenty years he ministered in parishes in Parisian suburbs, while at the same time working as a delivery man at the Halles de Rungis, the large wholesale fresh produce center serving the Paris area. He also continued studies in theology and religious philosophy at the Institut Catholique de Paris. His appointment as Coordinator for France of the Monastic Inter-religious Dialog group (M.I.D.) from 1982 to 2000 led to several sojourns in zen monasteries in Japan. In 1985, with a mandate from his community, he took a sabbatical, part of which was spent in the Black Forest in Germany at the Karl Graf Dürckheim Center, and another part in Bavaria, at the meditation center founded and directed by Willigis Jäger (Kyô Un Rôshi), one of the major European zen masters. He frequently returned to study under Willigis Jäger (for a total of three years) who bestowed upon him the title of zen teacher. During this period, he also undertook psychoanalysis and psychotherapy while continuing his parish activity in Choisy le Roi. There, in 1986, he founded La Maison de Tobie (The House of Tobias) a school of spiritual life, as well as a place for discovering one's inner self, and open to Asian spiritual traditions. With others, he directs meditation

sessions and symbolic experience sessions. A member of the Benedictine community at Saint Benoît Priory in Etiolles, south of Paris (a monastery belonging to the Congregation of the Annunciation), he is currently in charge of liturgical song and gardening. The brothers living in this monastery are “monks for the city”; some of them work in local parishes, and others in a profession.



Michel Bitbol is researcher at CNRS, Paris, France. He received a M.D., a Ph.D. in physics and a “Habilitation” in philosophy. After a start in scientific research, he turned to philosophy, editing texts by Erwin Schrödinger and formulating a neo-kantian philosophy of quantum mechanics. He then studied the relations between physics and the philosophy of mind, in collaboration with Francisco Varela, and drew a parallel between Buddhist dependent arising and non-supervenient relations in quantum physics. Recently, he developed a first-person conception of consciousness inspired from phenomenology.



Jean-Gérard Bloch, MD, Rheumatologist
He is a certified MBSR program instructor, based on Jon Kabat-Zinn’s curriculum of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Since 2010, he develops a mind-body integrative medicine approach supported by scientific validation at the University of Strasbourg and its Hospital, implementing the continuing medical education course, Medicine Meditation and Neuroscience, and a meditation course at the Medical School and the School of Psychology.



Guido Bondolfi is full professor at the Faculty of Medicine of the University of Geneva and chief medical officer of the service of liaison psychiatry of the Geneva University Hospitals, Switzerland. He graduated in medicine at the University «La Sapienza» in Rome and trained in psychiatry and psychotherapy at the Universities of Perugia, Lausanne and at the King’s College, London. He is the director of the Diploma of Advanced Studies (DAS) in Cognitive-Behavioural Psychotherapy and of the Certificate of Advanced Studies (CAS) in Mindfulness Based Interventions at the Faculty of Medicine of the University of Geneva. His main research interests and publications are the application of mindfulness based interventions in psychiatric disorders and the integrated psychiatric-psychotherapeutic treatments of emotional regulation in mood and anxiety disorders. He is also author of five books, the latter with G. Arciero and V. Mazzola is titled "The Foundations of Phenomenological Psychotherapy" and has been published in 2018, at Springer.



Gaël Chételat (PhD, HDR; www.gael-chetelat.fr) is Director of Research at Inserm. She is responsible of a research team named «Multimodal Neuroimaging and Lifestyle in Ageing and Dementia». She has published more than 140 articles on neuroimaging in ageing and dementia. Her work is devoted to the understanding of the mechanisms underlying ageing and dementia processes and the lifestyle factors that could prevent or delay age-associated disorders. The specificity of her team is to conduct studies combining complementary

neuroimaging modalities, including structural and functional MRI with PET using different radiotracers, and to develop innovative multimodal neuroimaging approaches to disentangle complex mechanisms of diseases or cognitive processes. Her research team is also interested in promoting healthy ageing and wellbeing through non-pharmaceutical interventions. In particular, Gaël Chételat is coordinating an H2020 European grant (www.silversantestudy.eu, PHC22, 2015-2020) that will investigate the impact of English learning and meditation training on mental health and well-being in ageing populations.



Amy Cohen Varela is Chairperson of the Mind & Life Europe Board and involved with Mind and Life since its inception. She is also a clinical psychologist specialized in psychodynamic therapy and philosophy. Amy studied comparative literature at Brown and Columbia Universities before moving to Paris in the early '80's, where she received her degree in clinical psychology at the University of Paris 3, with a specialty in psychodynamic theory and practice, and in parallel, completed psychoanalytic training.



Benoît Corboz is a sound builder. When he traded his favorite building game for the family piano at the age of 12, without knowing it, he just opened the door to a vast, mysterious, captivating new world. Yet, his new game rules have not changed, they remain simple: develop, build, achieve his dreams, but this time using musical notes and sounds. Sometimes it's about building a sound from prefabricated elements, played by musicians he records and mixes in the studio as a sound engineer. Another time, as a player, he improvises spontaneous, fragile and volatile sound material, or he composes for a more thoughtful and built lasting impression. He has collaborated with many musicians and singers including Maria Bethania, Ray Anderson, Michel Corboz, Dee Dee Bridgewater, Alvin Slaughter, Françoise Hardy, Christophe, Sophie Hunger, The Young Gods, Rodolphe Burger ...



Gonzague de Blignières is co-founder of RAISE. Former Chairman of the Supervisory Board of Equistone France, he founded and chaired Barclays Private Equity France, an investment fund based in Paris and specialised in midmarket transactions, and co-chaired Barclays Private Equity Europe. He has worked as an investor for over 30 years. Gonzague began his career at Banque Nationale de Paris (BNP), first as Head of the Organisation Department from 1979 to 1981 and then as a financial analyst from 1981. After six years at Banexi as Director of Investment, he joined Charterhouse Associates SA as an associate (1987-1992), responsible for LBOs and LBIs and growth capital. He joined Barclays in 1992 to create Barclays Private Equity and became its Chairman in 2001. Gonzague was Chairman of the French growth investors association, AFIC, from 2005 to 2006. He sits on the board of Fondation Entreprendre and chairs Réseau Entreprendre Paris, an organisation that supports business creation. He is also Vice-Chairman of the Supervisory Board of Business Angel des Cités (B.A.C.), a member of the Policy Committee of France-Investissement, and a board member of the ADIE and APCE funds. Gonzague is a graduate of Ecole Supérieure d'Ingénieurs en Electronique et en Electrochimie (ESIEE) and holds a DEA advanced studies diploma in Solid-state Physics from the Orsay science faculty. He is a Knight of the French Legion of Honour.

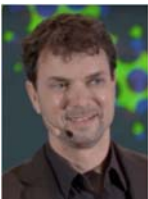


From San Francisco to Mumbai, from the Amazon forest to the European countryside, **Guibert del Marmol** works with entrepreneurs who change the world and reconcile the notions of **economy, ecology and sense**. For over 15 years Guibert directed various service companies operating in Europe and also in the United States. At the age of thirty, as a young business leader, a work burn-out dragged him to a hospital bed where he suffered from a very severe condition. By merging the best of our modern medicine with ancient sciences of healing he has been able to change the prognosis of the doctors.

Rather than killing him, this test marked the start of a new life, profoundly influencing his life as a man, leading businessman and entrepreneur. This experience altered his concept of the world and, furthermore, enabled him to acquire a very particular experience in the field of interactions between “body and spirit”. Since 2006, he helps Ceo’s, executive boards, shareholders and family offices to develop a conscious capitalism based on the principles of shared values and noble purpose. Today, he works as a **mentor, author and speaker** specializing in the field of “**regenerative**” economy and **Inspired & Inspiring** leadership. He also co-manages the Lunt Foundation that promote social entrepreneurship. Living in Brussels, he’s active in Europe, in Asia and in the US. He published two books (*Falling higher & No time to waste*) dealing with individual and collective resilience. Active also in the academic world, he holds the chair in “**Regenerative economy**” at the **Louvain School of Management**.



Perla Kaliman holds a Ph.D. in Biochemistry. She has developed her scientific activity at the Universities in Buenos Aires, Nice, San Diego and Barcelona. Currently, she is a research associate at the Center for Mind and Brain at the University of California at Davis; collaborator of the Center for Healthy Minds at the University of Wisconsin - Madison and associate professor at the Open University of Catalonia (UOC). She teaches the biology of lifestyle for university degrees at the universities of Barcelona, Zaragoza, Strasbourg and Toulouse. She is the author of numerous research articles and she has published the books *Epigenetics of Lifestyle* (Bentham); *Nourrissez votre cerveau* (Cooking for your mind; Blume; Odile Jacob) and *La ciencia de la meditación: de la mente a los genes* (The science of meditation: from mind to genes; Kairos).



Jean-Philippe Lachaux is Research Director INSERM, at Lyon Neuroscience Research Center. He focuses his research on attention and concentration neuronal mechanisms with a special interest in questions we all ask ourselves daily: why are we easily distracted? Is focusing based on effort? How is attention improving performance?

Beside his neuroscience cognitive research work, he promotes attention skills as a value for society. The ATOLE project is directly linked to his books on explaining Attention to the general public. He is the author of the books:

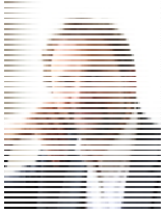
Le Cerveau Attentif. Contrôle, Maîtrise et Lâcher-Prise ; Odile Jacob

Le Cerveau Funambule. Comprendre et Apprivoiser son Attention grâce aux Neurosciences ; Odile Jacob

Les Petites Bulles de l'Attention. Se concentrer dans un monde de distractions (Bande dessinée) ; Odile Jacob



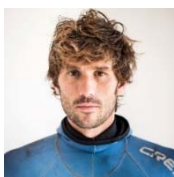
Frédéric Lopez is a journalist and a TV producer. He presented the following France 2 TV shows: " Panique dans l'oreillette », « La parenthèse inattendue», « Mille et une vies » and now « Rendez vous en terre inconnue »" rated as the French viewers' favorite TV show. He discovered meditation eight years ago.



Antoine Lutz is a director of research at the French Medical Research Institute (INSERM) in the Lyon Neuroscience Research Center (CNRL). He did his PhD in cognitive neurosciences in Paris, France, with Francisco Varela on the first-person dimension of attention. During his postdoctoral work with Richard Davidson, at the University of Madison-Wisconsin, he pioneered the neuroimaging study of meditation practices in expert meditators and in novices who learnt to meditate using the Mindfulness-Based Stress Reduction program (MBSR). MBSR is a secular meditation intervention routinely used in hospitals in the North-America and Europe. In 2008, Richard Davidson and him were awarded a NIH-NCCAM grant to fund in Madison the first American Center of Excellence on Research dedicated to neurophysiological study of meditation practices. After working for ten years in the US as a research scientist, he joined the Lyon Neuroscience Research Center in France in January 2013. His current research group focuses on investigating the neurophysiological basis of mindfulness and compassion meditations and their impact on consciousness, attention and emotion regulations, and pain perception as measured by cognitive, affective and social neuroimaging paradigms using EEG, MEG, intra-cortical EEG, and fMRI. This research is currently funded by an European ERC consolidator grant (Brain&Mindfulness, 2014-2019). He also collaborates to a European research consortium investigating the impacts of meditation practices on ageing and well-being as measured by brain imaging (PET, IRMf, DTI, EEG), biomarkers of ageing, and psycho-affective and cognitive behavioural measures (Meditageing, H2020, 2016-2021, study coordinated by Gaël Chételat, INSERM Caen). He recently started a collaboration investigating the neurocomputational principles of meditation (ANR MindMadeClear, coordinated by Hugues Mounier, CNRS, Supélec, Paris).



Soizic Michelot studied art and literature before spending 7 years in a traditional Buddhist monastery and 3 years in meditative retreat,. Today, she is an instructor for secular mindfulness programs (MBSR and MBCT) both in private practice and in public hospitals. Soizic is now returning to art with another perspective...

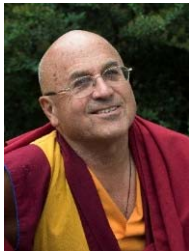


Guillaume Néry is a French freediving champion, specialized in constant weight, which is the queen of all freediving disciplines (descent and ascent using only fin propulsion). He broke the freediving world record four times and won the world champion title twice. In 2015, he stopped competing after accidentally making the deepest freedive in history to -139m, following a mistake from the organizers, while trying to break his fifth world record to -129m. Nowadays, Guillaume still trains daily and dives deep, but focuses his energy on transmitting his passion to others. He travels around the world to give workshops, clinics, lectures, shoot movies and direct photo shoots.



Luc Petton is an atypical dancer and choreographer. He started Martial Arts before turning into Dance. He was mainly trained in the United States and Germany. Since 2004, he is engaged in the incredible adventure of a stage dialogue between birds set free and dancers. He created four pieces from this concept, *The confidence of the birds*, with dancers, pies, jays, crows and starlings, *SWAN*, with white and black swans *Light bird* with cranes of Manchuria and currently *Thus the night* with owls, a wolf and a vulture.

With these projects, he discovered and put into practice the idea of "let be", not to abandon or ignore but reconstitute thru one's freedom, to renounce to ownership over things and human beings. The originality of his approach earned him the distinction of Officer of the Arts and Letters. Simultaneously, Luc has always been interested in contemplative science, Zen, Vipassana. He attended retreats in France, the United States and Japan and discovered Mindfulness with Dr Jean-Gérard Bloch. He is currently developing Mindfulness/Sensitive Body, a training dedicated to artists: creativity as a test of oneself, movement as a test of stillness, imagination as a test of no image...



Matthieu Ricard is a Buddhist monk who left a career in cellular genetics to study Buddhism in the Himalayas over 45 years ago. He is an international best-selling author and a prominent speaker on the world stage, at the World Economic Forum at Davos, the GNH forums at the United Nations, and at TED where his talks on happiness and altruism has been viewed by over seven million people.

As a trained scientist and Buddhist monk, he is uniquely positioned in the dialogue between East and West. He is an active participant in the current scientific research on the effects of meditation on the brain. He lives in Nepal and devotes all the proceedings of his books and activities to 200 humanitarian projects in Tibet, India, and Nepal. www.matthieuricard.com
www.karuna-shechen.org

"Matthieu Ricard brings together ancient wisdom and scientific insights to put forth a truly compelling global vision for the 21st century, and his voice, his message and his wisdom are greatly needed." -- Arianna Huffington



Amandine Roche is a Human Right Specialist with almost 20 years of experience in conflict contexts across Asia, Africa, Europe and South America. She has worked with the United Nations Department of Peacekeeping and European Commission.

Her professional experience is focused on human rights, democratization, education, freedom of expression, and gender/youth empowerment. She holds a MD in International Relations and LM in Political Science (France), a MA in Human Rights and International Law (Spain). Amandine has participated in 20 democratic processes around the world. She also spent time in India learning the teachings of inner peace and non-violence from spiritual Masters such as HH Dalai Lama, Goenka and Amma. She is also an author of three books, a yoga teacher and Search Inside Yourself Teacher specialist on mindfulness, emotional intelligence, compassion, meditation and conscious leadership. She is the founder of the Amanuddin Foundation in Kabul to develop the culture of peace and to promote wellness through yoga and meditation to prisoners, women, soldiers, and kids. She has created the Inner Peace Corps to implement the inner-peace keeping program in Middle East for humanitarian and refugees suffering of Post-Traumatic Stress Disorder, burnout, depression and anxiety.



Pacôme Rupin

Born on the 25th of January 1985, Pacôme Rupin grew up in the village of Savonnières, Touraine, France. Graduated from ESSEC Business School and the Social Entrepreneurship chair in 2009. He first worked as Chief of staff for Jean-Marc Borello, Executive Director of Groupe SOS, at the head office located rue Amelot. Then he joined the Pepinière 27 (business incubator) as the co-founder of a communication agency and of a recruitment forum for startups and students. In 2014, he is elected Deputy Mayor of the 4th district. He joins En Marche! at the very beginning of the movement in April 2016. He is part of Emmanuel Macron's campaign management staff, in charge of territories mobilization and field campaign. In June 2017, he is elected Member of Parliament in the 7th district of Paris. He joins the La République En Marche Bureau as Vice-President, and he serves at the Constitutional Laws permanent Commission. He started meditation in 2013 and earned the Medicine, Meditation and Neurosciences diploma in Strasbourg in 2017. He is interested in how meditative practice affects work, health and education.



Steve Shehan is a universal and eclectic musician whose percussions were solicited by famous artists of the rock'n'roll, world, Anglo-Saxon and French song scenes.

An atypical route for this composer born in the United States, of a native American Cherokee father and a French mother and for whom music is a mode of communication between people whatever is their language, culture or religion.

Steve Shehan composed and produced 15 albums over a period of twenty years. He also composed film soundtracks, contributed to many album productions and collaborated in studio and on stage with various worldwide renowned artists.

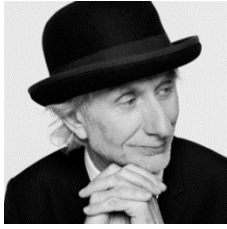
In Steve's work, the intimate understanding of the people and instruments he plays is the main factor for his musical creativity. His own involvement with diverse cultures results in an affinity between these cultures' sounds and his compositions. The outcome is a subtle blend of tradition and innovation. Famous for his unique style, Steve's professional exploits and recordings have been featured in numerous international publications. Each of his releases have received public & critical acclaim. A true master, his music « *evokes strongly the experience of encountering different cultures... Shehan's music shows an understanding and knowledge of the boundaries he has lived in.* » Discorder (U.S.A.).



Jean Sibilia, Dean, Medical School, University of Strasbourg, Professor and Hospital practitioner at the Rheumatology Department, University Hospital of Strasbourg.

He is the Head of the National Reference Center for Auto-Immune Systemic Diseases, and the President of the National Comity of Research Coordination dedicated to public hospitals research. As the President of the Dean's National Conference, he is in charge of implementing a study/survey on complementary medicine and integrative medicine

approaches.



Erik Truffaz discovered at the age of 8 years the pleasure of performing alongside his father who played the saxophone. At the age of 14, he electrified his trumpet and bought a wha wha pedal. In 1987, after performing in Montreux with the Group Brazilian Cruseiro do sul, he flew to New York... He signed with Blue Note in 1996. Between 1996 and 2008, he produced 12 albums with this famous label. In 2003, Erik Truffaz has the privilege to play with Harald Hearer Band, alongside Joe Lovano, Dewey Redman, Chris Potter, Michael Brecker who declares in Jazzthing magazine that Erik is one of the 3 trumpeters he prefers playing with. The other 2 being Roy Hargrove and Randy Brecker. In 2005, Erik Truffaz is invited by his master John Hassell to play at the Montreal festival. Alongside Malcolm Braff, Indrani and Apurba Mukherjee, he performed a residence in India leading to the Benares album. In 2008 he produced 3 albums: Benares, registered in Calcutta, Paris in Duet, with Sly Johnson, and Mexico City. Since 2010, he recorded In Between, El tiempo de la revolución, Being Human Being, a collaboration with Enki Bilal, and Doni Doni. Erik Truffaz keeps touring extensively.

Moderators



Marc de Smedt publisher, wrote a lot of essays about his experience of meditation for fifty years.

Éloge du silence, Une journée ; Une vie ; Le Rire du Tigre (Albin Michel).

Sagesses et Malices du zen (Livre de Poche) ; Petit cahier d'exercices de méditation au quotidien (Jouvence) and Exercices d'éveil pour petits chatons, (Pocket).



Aurélie Godefroy

Journalist, speaker and writer, Aurélie Godefroy presents the program « Sagesses Bouddhistes » on France 2 TV channel and collaborates with newspapers *Le Monde des Religions*, and magazines, *Sens et Santé*, *Ultreia* and *Question de*. She is the author of Rites et fêtes du catholicisme (Plon), Les religions, le sexe et nous (Calmann-Lévy), Sur les chemins de l'harmonie (Larousse), de Méditer, une médecine des âmes (Albin Michel) in collaboration with Matthieu Ricard, Frédéric Lenoir, Christophe André, Fabrice Midal ou encore Thierry Janssen...



Elisabeth Marshall

Journalist specialized in societal issues, spirituality and personal development, Elisabeth Marshall is editor-in-chief of the magazine *Sens et santé*, executive director of the weekly *La Vie* (Press Company Le Monde) and at the initiative of the "Méditation Day" presented at Châtelet and Pleyel theatres. She was also trained in Reliance pedagogy and the MBSR's eight-week program. She has contributed to « Meditation, the essential adventure », *Espaces Libres*, Albin Michel.



Caroline Lachowsky

Journalist on Radio France Internationale. Producer of the scientific program Autour de la Question. One hour live radio talk show with researchers from all fields and horizons about the mutations and evolution of humankind. The aim is to build bridges and not walls between men as well as between different knowledge, east and west, north and south as well as art, science, culture and spirituality. She discovered meditation through yoga and neuroscientific research on brain and consciousness. Trained in MBSR

SAM founders

Jean Sibilia, Dean, Medical School, University of Strasbourg, Professor and Hospital practitioner in Rheumatology Department, University Hospital of Strasbourg.

He is the Head of the National Reference Center for Auto-Immune Systemic Diseases, and the President of the National Comity of Research Coordination dedicated to public hospitals research. As the President of the Dean's National Conference, he is in charge of implementing a study/survey on complementary medicine and integrative medicine approaches.

Jean-Gérard Bloch, MD, Rheumatologist

He is a certified MBSR program instructor, based on Jon Kabat-Zinn's curriculum of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Since 2010, he develops a mind-body integrative medicine approach supported by scientific validation at the University of Strasbourg and its Hospital, implementing the continuing medical education course, Medicine Meditation and Neuroscience, and a meditation course at the Medical School and the School of Psychology.

Astrid Lunkes, PhD in molecular biology

She is an expert in neurodegenerative diseases, scientific management and strategic development, with focus on crossing scientific disciplines and cultures. She was IGBMC Director of Scientific Affairs from 2009-2016 and is now Director of Scientific Portfolio Management & Strategy of Helmholtz Zentrum München. She has been actively involved in mindfulness-based approaches for many years.

Sophie Stern, Artistic Director and General Manager Science Art Meditation.

Cultural events producer. From the Paris jazz scene coordinating the acclaimed Orleans Jazz Festival artistic production as well as Keith Jarrett and Ray Charles European tours, among other artists, she then pursued her career in the US with major rock tours and conferences. Trained in mindfulness meditation, she now focuses on scientific event production.

Facts on SAM

Some of our guests are honoring us with their generosity, committing graciously to SAM Now 2018.

We choose to offer a socially engaged ticketing service to be accessible to all.

After expenses, SAM's revenue will be dedicated to support current and future medical research projects such as Breast cancer and meditation at the University Hospital of Strasbourg, and to support various charities such as L'Envol, offering camp programs for children dealing with a life-threatening illness, member of SeriousFun Children's Network.

SAM International: Meditation has no borders... therefore SAM will go abroad. Boston is the 2020 destination (to be confirmed)

SAM OFF: workshops and conferences will be organized to experience meditation, before and after SAM Now!

SAM Online: Videos and additional content will be posted online to share and cultivate wholeness worldwide to support your meditation practice.

Cultivate the art of wholeness! Are you ready?

“The art of wholeness comes from the idea that our human potential can flourish through caring attention to ourselves, to others and to the reality in the moment.

Wholeness is as far away from the mainstream view of well-being as it is from malaise. Many of our social conditionings and erroneous perceptions of reality lead to unhappiness.

The awareness and discernment cultivated with a meditation practice can lead each of us towards wholeness through our unique mindful and embodied presence. It balances body intelligence, heart intelligence, and rational mind to reach the source of wisdom, strength and love, to guide our decisions and everyday life actions.

The art of wholeness invites us to change according to our ability, to better answer humankind’s profound aspiration for happiness, therefore contributing to sustainable environmental engagement and societal transformation, which are more urgent today than ever before.”

Jean-Gérard Bloch

Science Art Meditation: humanism - for today and tomorrow.

Believing in humankind and acting for a better world tomorrow.

It starts here and now. Always!

It is not for an elite.

While practicing meditation, we can find peace, balance and courage to carry on necessary changes in our lives, in our society.

We take care of tomorrow’s world challenges with small steps today... together.

Science Art Meditation will offer the opportunity to most of us to hear the call, simply, with joy and confidence. Close your eyes, breathe and join the adventure with us!