



Mindfulness, Neuroscience and Creativity: An Interactive Exploration

with Dr. Robert Bilder, Kate McCallum,
Jahna & Michael Perricone and Diana Winston



C3 CENTER FOR
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Join us at MARC for a special event where we bring together artists, musicians, media makers, meditators, and neuroscientists for a half day exploring the interface of mindfulness and creativity.

The day will include musical performances, meditations, a discussion on the neuroscience of creativity, a digital "animesitation," Tibetan singing bowls, and personal creative expression. We will specifically examine the effects of meditation on creativity, art, and the brain.

About the Instructors:

Dr. Robert Bilder is a Clinical Neuropsychologist who has been actively engaged for over 20 years in research on the neuroanatomic and neuropsychological bases of major mental illnesses. He has received many awards for his research contributions, served on diverse federal and international advisory boards, provided editorial service to many scholarly journals, and received multiple grants from the NIH, private foundations, and industry.

Kate McCallum is a transmedia producer, writer and artist who has had the good fortune of a diverse career in the creative arts and entertainment industries for over thirty years. With a degree in Communications and Music from Western Michigan University, she began her career in the business as a page at ABC where she worked on such shows as *Mork and Mindy*, *Taxi*, *General Hospital*, *The Academy Awards*, *The Emmy Awards*, and *The American Music Awards*.

Jahna Perricone has been practicing mindfulness for over 5 years. She is a holistic music and voice teacher who utilizes the gifts of a mindfulness practice and her education in vocal muscle systems to stimulate creativity in her music, her students and her work at Omstream.com, the number one conscious world music download store.

Michael Perricone is a sound engineer, musician, television writer and the founder of Omstream, an online music portal similar to iTunes, but specifically for traditional and world music. His writing credits include two episodes of *Star Trek: Voyager* all written with collaborator Greg Elliot.

Diana Winston is the Director of Mindfulness Education at MARC and has been teaching mindfulness since 1993. She is the co-author (with Susan Smalley, Ph.D.) of *Fully Present: The Science, Art, and Practice of Mindfulness*. She spent a year as a Buddhist nun in Burma and has been practicing mindfulness meditation since 1989.

Date: Saturday, June 25

Time: 10AM-1PM

Venue: Neuroscience

Research Building

Auditorium, UCLA

Cost: \$50

Discounts, Scholarship
and Work-exchange
opportunities available.

Contact us

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