



## Research

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**Lazar, S.W., Bush, G., Gollub, R.L., Fricchione, G.L., Khalsa, G., Benson, H.** (2000). Functional brain mapping of the relaxation response and meditation. *Neuroreport*, 11 (7), 1581-1585.

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## Studies

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**Stanford University** - HOPES: on neuroplasticity

**Stanford University School of Medicine** (2007). Music moves brain to pay attention

**Harvard University:** Lazar, S.W. Meditation reduces effects of aging on the brain.