

Let It Be: The Neuroscience of Mindfulness, Yoga and Meditation

Monday, June 12 | 7 p.m. EST | VIRTUAL FORUM: Zoom/Facebook Live

While diet and exercise trends come and go, one strategy has been shown time and again to boost both mood and health: meditation. This powerful tool, along with mindfulness and yoga, can offer a host of health benefits. And, for individuals in recovery who may also have a history of trauma, it can be life changing.

We'll dive deeper into mindfulness, yoga and meditation at our June Family Forum. Join us as guest speaker **Hilary Marusak, Ph.D.**, Assistant Professor in the Department of Psychiatry and Behavioral Neurosciences at Wayne State University School of Medicine, discusses the broad array of benefits offered by these practices.

Specifically, Dr. Marusak will:

- Describe the neurobiology of mindfulness, yoga and meditation.
- Cover recent research on mindfulness, yoga and meditation and the effects on pain and distress.
- Examine the application of mindfulness, yoga and meditation practices to trauma and addiction recovery.

Meditation can reduce stress and pain; mindfulness can help one to stay focused on the present; and yoga can enhance psychological well-being, improve strength and flexibility and boost heart and lung function. Plus, these skills tend to be low- or no-cost, evidence-based tools that can be relatively easily integrated into daily life.

Register today to learn more about the abundance of health benefits offered by mindfulness, yoga and meditation!

Meet Dr. Marusak:

<https://bit.ly/WFanForumJune23>



Dr. Hilary Marusak is a tenure-track Assistant Professor in the Department of Psychiatry and Behavioral Neurosciences at Wayne State University (WSU) School of Medicine. Dr. Marusak is a developmental neuroscientist and directs the Trauma History Investigation of Neurodevelopment in Kids (THINK) lab at WSU (www.wsuthinklab.com). Her lab incorporates neuroimaging, behavioral, and physiological approaches to understand neurodevelopmental mechanisms leading to anxiety and other fear-based disorders (e.g., PTSD) in children and adolescents. Other research interests include the impact of cannabis and cannabinoids on brain development and mental health, and behavioral (e.g., exercise, meditation) or pharmacological (e.g., cannabidiol, CBD) interventions that target the endocannabinoid system for the prevention and/or treatment of fear-based disorders in youth.

[Click here](#) to read Dr. Marusak's full bio.