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## "The Elder Meditation Project; Bring Meditation to those who can use it"

### **Abstract:**

MEDITATION has been increasingly researched in the past decade - with rather remarkable results. A simple meditation program may be beneficial for a wide range of people. However, many people, such as elderly in nursing home settings, may have limited access to meditation training, which is scientifically based, non-sectarian, and affordable. Three years ago, the Center for Indic Studies' JERRY SOLFVIN began exploring the possibilities for developing such a program locally. The ELDER MEDITATION PROJECT, supported by a grant from the Chancellor's Public Service Funds, is now in its third year. Dr. Solfvin will discuss the program and its current status.

### **Bio:**

Jerry Solfvin, PhD., is former Direct of Research of the Institute for Health & Healing at California Pacific Medical Center in San Francisco. He has long been interested in the power of the mind and its role in restoring and maintaining health. He has practiced and taught meditation for over 25 years, as well as conducting meditation research. He was recently appointed to the Center for Indic Studies, where he continues his meditation and his research.

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