

**Università di Pisa & Istituto Lama Tzong Khapa  
present:**



**Summer School Consciousness and Cognition**

**August 26th – September 3rd 2023**

**Pomaia (Pisa)**

## AGENDA

### Summer School Consciousness and Cognition 26/08 – 03/09 2023

Title	(hours)	Teacher
Introduction	(1)	Bruno Neri
<u>Consciousness in Western and Eastern Traditions</u>		
Phenomenology and Yoga	(8)	Giulia Moiraghi
Consciousness and Emptiness in the Prasangika Perspective	(2)	Sonam Wangchuck
<u>Quantum Mechanics and Consciousness</u>	(5)	Shantena Augusto Sabadini
<u>Biosemiotics</u>	(5)	Franco Giorgi
<u>Artificial Intelligence and Consciousness</u>	(8)	Mario G.C.A. Cimino, A. Chella
<u>Characterization Techniques of Neural Activity</u>	(2)	Nicola Vanello
<u>Brain Networks and States of Consciousness</u>	(5)	A. Gemignani, A. Piarulli
Not Ordinary States of Consciousness.		
Meditation	(6)	G.Piana, A. Zaccaro, B. Neri
Hypnosis + NDE	(4)	Enrico Facco
Sciamanic Trance	(2)	Tania Re

## Experiential Activities (optional)

- **Developing the Skills of Attention: Focus, Mindful Awareness, Consciousness:**

An experiential exploration in 2 sessions of the various components of attention, their importance to human flourishing, a bit about the science of attention, and how these skills can be developed through the practice of meditation. Exercises in pairs will be provided so as not to stay seated all the time.

(5)

Connie Miller

- **Consciousness and Reality:**

Meetings with students will be aimed at bringing the topics explained in the morning session to an experiential level. The following abilities will be developed: distinguishing between conventional reality and ultimate reality, identifying in oneself minds that perceive reality in an incorrect manner, generating minds that lead to a correct understanding of the mode of existence of phenomena. There will be walking meditation sessions and informal Q&A sessions.

(5)

Sonam Wangchuk

- **The *Embodiment* in Yoga. A Phenomenological-Informed *Hatha-Yoga* and Meditation Practice:**

After having set the theoretical framework of what a phenomenological approach to reality amounts to, students are given the chance to embody through yoga this particular stance and experience first-hand how the yogic practice can become a favorable access-door to a usually overlooked and unconsidered dimension of consciousness, a dimension not taken into account within the Western ongoing debate on mind.

(5)

Giulia Moiraghi

## Agenda SS C&C 2023

Friday 25th August

21.00 – 22.00: Welcome at ILTK

Saturday 26th August (6)

9.30 – 10.30	Opening Session	B. Neri
10.30-12.30	Phenomenology and Yoga	G.Moiraghi
14.00-17.00	Consciousness and Quantum Physics	S.A. Sabbadini

19.00-20.00 [Presentation Experiential activities \(Meditation/Yoga\)](#)

Sunday 27th August (6)

08.30-10.30	Consciousness and Quantum Physics	S.A. Sabbadini
10.30-12.30	Near Death Experiences	E. Facco
14.00 16.00	Hypnosis	E. Facco

16.30-19.00 [Experiential activities \(Developing the Skills of Attention\) Connie Miller](#)

Monday 28th August (6)

08.30-10.30	Meditation in Buddhism	G. Piana
10.30-12.30	Consciousness and Emptiness in the Prasangika Perspective	Sonam Wangchuk
14.00-16.00	Phenomenology and Yoga	G. Moiraghi

16.30-19.00 [Experiential Activities \(Developing the Skills of Attention\) Connie Miller](#)

Tuesday 29th August (6)

08.30-10.30	Consciousness States: Sciamanic Trance	T. Re
10.30-12.30	Biosemiotics	F. Giorgi
14.00-16.00	Phenomenology and Yoga	G. Moiraghi

16.30-19.00 Experiential activities (Consciousness and Reality) Sonam Wangchuk

Wednesday 30th August (5)

8.30-11.30	Biosemiotics	F. Giorgi
11.30-13.30	Phenomenology and Yoga	G. Moiraghi

16.30-18.45 Experiential activities (The *Embodiment* in Yoga. A Phenomenological-Informed *Hatha-Yoga* and Meditation Practice) Giulia Moiraghi

Thursday 31st August (6)

08.30-10.30	States of Consciousness: Meditation	A. Zaccaro
10.30-12.30	AI	M.G.C.A. Cimino
14.00-16.00	AI	M.G.C.A. Cimino

16.30-19.00 Experiential activities (Consciousness and Reality) Sonam Wangchuk

Friday 1st September (6)

08.30- 10.30	AI	M.G.C.A. Cimino
10.30-12.30	Artificial Consciousness (Seminario)	A. Chella
14.00-16.00	Investigation Techniques and Signal Elaboration	N. Vanello

16.30-19.15 Experiential activities (The *Embodiment* in Yoga. A Phenomenological-Informed *Hatha-Yoga* and Meditation Practice) Giulia Moiraghi

Saturday 2nd September (7)

08.30-10.30 Brain Networks and States of Consciousness	A. Piarulli
10.30-13.30 Neurophenomenology of NOSC	A. Gemignani
15.00-17.00 Report from a Tibetan Monastery and Conclusions	B. Neri

Sunday 3rd September

08.30-11.00	Test
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