

POWER HOUR:

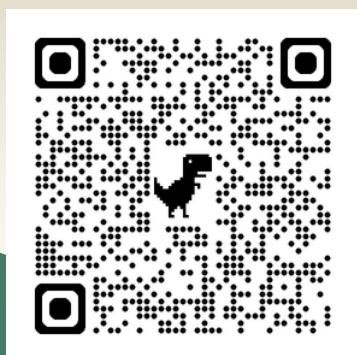
The Attention Workout: Exploring the Nature of the Observer

This Power Hour explores the meditation practice of turning attention back toward the one observing the experience. Through guided exercises and discussion, participants will investigate how awareness shifts when we stop chasing thoughts and begin examining the nature of the observer itself.

November 20, 2026

10:00 - 11:00am

Location: Cone 210A



Dr. Todd Dobbs

COLLEGE OF
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