

Dr. Nava Levit Binnun is the director of the Sagol Center for Brain and Mind, and the founder and director of the Muda Institute for Mindfulness, Science and Society at the Interdisciplinary Center (IDC) Herzliya. Dr. Levit-Binnun runs the Sagol Center from a deep belief that neuroscientists are not only capable of but are obligated to making the world a better place. The research in Sagol Center thus aims to understand the qualities underlying healthy brains and minds such as brain resilience, interpersonal interactions, self-awareness, mindfulness, compassion and friendship, integrating tools from physics, neuroscience, psychology and phenomenology.

In 2009, Dr. Levit-Binnun founded the **Muda Institute for Mindfulness, Science and Society** which operates as part of the Sagol Center. This institute focuses on promoting and implementing the vast knowledge accrued from neuroscientific research about our ability to nurture positive mental traits such as resilience, well-being, mindfulness and awareness, compassion and empathy, giving and caring and altruism and tolerance. The Muda Institute's basic working assumption is that these traits are essential to our ability as individuals and as a society to deal with the personal, societal and political challenges facing us. Accordingly, the Muda Institute develops interventions and professional development programs aimed at creating agents of social change that will help develop and nurture positive mental traits in formal and non-formal educational, health, business, legal and public systems. To date, the Muda Institute is the only academic center to run a mindfulness certification program. It has initiated over ten symposiums and workshops on the science of mindfulness and wellbeing. It has developed beginner, intermediate and advanced mindfulness-based trainings, has trained over 150 mindfulness instructors on the "Gold Standard" Mindfulness Based Stress Reduction (MBSR) protocol, and has provided mindfulness training across different levels to thousands of people in Israel. Muda's instructors have worked with more than 1000 school teachers in both Jewish and Arab schools and are now leading the "Purple School Project" aimed at creating a deep change in Israeli education system.

Dr. Levit-Binnun has been studying Yoga and Buddhist meditations for over 20 years, and has completed a 3-year Yoga instructor course and a Mindfulness-Based Stress Reduction Teacher training course. She teaches mindfulness to psychology students as part of an academic course in the last 10 years. Recently, together with Dr. Keren Arbel, she developed the "Mindfulness Map" aimed to assist researchers, instructors and practitioners to understand what exactly they are studying / practicing. It can be found [here](#).