



MIND & LIFE
INSTITUTE

H. H. the XIV Dalai Lama
Honorary Chairman

Francisco J. Varela, Ph.D.
Co-Founder (1946-2001)

Board of Directors

R. Adam Engle, J.D., M.B.A.
Chairman and Co-Founder

Richard J. Davidson, Ph.D.
University of Wisconsin

Raymond J. Gellein, Jr., M.B.A.
RBG Capital Advisors, LLC

Daniel Goleman, Ph.D.
Psychologist, Author

Joan Halifax, Ph.D.
Upaya Zen Center

Anne Harrington, Ph.D.
Harvard University

Thupten Jinpa, Ph.D.
Institute of Tibetan Classics

Jon Kabat-Zinn, Ph.D.
*University of Massachusetts
Medical School*

Bennett M. Shapiro, M.D.
*Merck Research Laboratories,
(Retired)*

**Lifetime Emeritus
Board Members**

Tenzin Choegyel
Dharamsala, India

B. Alan Wallace, Ph.D.
*The Santa Barbara Institute
for Consciousness Studies*

**Program and Research
Council**

Sona Dimidjian, Ph.D.
University of Colorado

John D. Dunne, Ph.D.
Emory University

Diego Hangartner, Pharm.D.
*Chief Operating Officer,
Mind & Life Institute*

Anne Harrington, Ph.D.
*Harvard University
Co-Chair*

Alfred Kaszniak, Ph.D.
University of Arizona

Matthieu Ricard, Ph.D.
Shechen Monastery

Clifford Saron, Ph.D.
University of California, Davis

Evan Thompson, Ph.D.
*University of Toronto,
Co-Chair*

January 5, 2010

EBSA/PUBLIC DISCLOSURE
2010 JAN 19 PM 3:14

U.S. Department of Labor
Employee Benefits Security Administration
Top Hat Plan Exemption
200 Constitution Avenue, NW, Suite N-1513
Washington, DC 20210

Dear Sir or Madam:

In order to comply with the requirements of the alternative reporting and disclosure method under ERISA, Parts 1, Title 1, as provided for an unfunded plan for a select group of management or highly compensated employees in the D.O.L. Regulation 2520.104-23 the following information is provided:

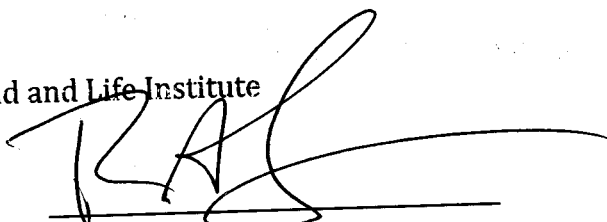
1. The name of the employer is: Mind and Life Institute
2. The mailing address of the employer is: 7007 Winchester Circle, Suite 100 Boulder, CO 80301
3. The employer's federal identification number (EIN) is: 77-0284767
4. The number of plans and the number of participants in each plan is: 2 plans covering 1 employee. The above named employer maintains this plan primarily for the purpose of providing deferred compensation benefits to a select group of management or highly compensated employees.

The employer will send a copy of all plan documents and agreements to the Secretary, upon request.

Respectfully submitted,

Mind and Life Institute

By:


Chairman and CEO

