

*Workshop*

## **Stellar End Products: The Low Mass - High Mass Connection**

*ESO Garching, 6-10 July, 2015*

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**Observatoire de Paris, France**

**Title:**

Mixed modes in red giants: a window on stellar evolution

**Abstract:**

The detection of oscillations with a mixed character in red giants allows us to probe the physical conditions in their cores. Kepler data were selected to map various evolutionary stages and stellar masses. This allows us to monitor stellar evolution from the main sequence to the asymptotic giant branch. The seismic information can now be used for stellar modelling, especially for studying the energy transport or for specifying the inner properties of stars entering the red or asymptotic giant branches. Mass loss can be derived from precise mass determination.