



Tucson Community MEDITATION CENTER

Art of Thriving ~ Together *join us online or in person*

Learn to skillfully meet challenges & fully savor enjoyable moments. Draw upon neuroscience insights to cultivate thriving & connections. Meditative practices support individual & community well-being.



simple restorative practices, grounded in modern neuroscience

Class explores practices we can use in the midst of everyday life to help us become *calm & clear**.

Enlivening and valuable for both beginning & experienced meditators.

Guided practices, followed by **optional** discussion

Make a home for yourself inside of yourself...

Joanna Macy meditation teacher, activist & beloved elder

Tuesdays 6:30-7:20 PM MST (AZ) Check TCMC website for occasional breaks in schedule.

In person at *Tucson Community Meditation Center* and by Zoom (hybrid offering).

Pre-registration required for both in-person & Zoom attendees. Register at tucsonmeditation.org.

Zoom link and directions for in-person participation provided via email after registration.

Optional donations to *Tucson Community Meditation Center* gratefully accepted.

* *Calm & clear* comes from balanced nervous system; linked to cognitive & physical health and to our capacity to rebound, connect & collaborate. Class includes *Heart Rhythm Meditation* & other practices for nervous system balance.

Art of Thriving teacher: Bonnie Colby, PhD, meditation teacher & university professor



Bonnie is grateful for 40 years of contemplative practice. She honors restorative practices of world cultures, learned in decades of work with diverse groups addressing conflicts & building peace. She has provided expert testimony and trainings to indigenous councils, public agencies & the U.S. Congress. Since 1998, Dr. Colby has taught meditation classes & workshops that deepen vitality, connection & resilience. She lives in Tucson with her husband Ted. Bonnie is a *trauma-informed meditation* teacher and a *Mental Health First Aid Instructor*, with a background in restorative movement. She serves as teacher, mentor & retreat guide with *Institute of Applied Meditation*. Dr. Colby values professional trainings with *Unyte.com*, *Continuum*, *Capacitar International* & *Unified Mindfulness*. She longs for us each to taste how meditation vibrantly infuses everyday life.