



Art of Thriving: A Change of Pace

May 17, 25 & 31 June 7 & 14 five sessions
Tuesdays 6:00 - 7:00 pm US PDT
MEETING ONLINE

Explore practices to enhance the rhythm of your life from world meditative traditions, grounded in modern neuroscience.

We may think of meditation as a way to slow down and chill out. Yes - meditation can provide respite from racing thoughts. AND, meditative practices can also help us ramp up when we wish to focus and accomplish goals and tasks. Join us to explore how meditation can consciously shift our rhythms in daily life to suit our needs. Explore how to develop a range of options, rather than being stuck in a habitual rhythm that doesn't always serve us.

Class includes guided *Heart Rhythm Meditation* and other practices that enhance our nervous system balance*. Enlivening and valuable for both beginning & experienced meditators.

* Nervous system balance (assessed through Heart Rate Variability and other measures) is linked to our cognitive, emotional and physical health, to our capacity to connect, and to rebounding from stress.

CLASS MEETS VIA ZOOM. *Pre-registration required.* Go to tucsonmeditation.org to register. Zoom link provided via email to those who register. NO FEE. Optional donation to *Tucson Community Meditation Center* gratefully accepted during registration process.

Taught by Bonnie Colby, PhD, meditation teacher & university professor.

About the teacher: I became intrigued with the interplay of meditation, the nervous system and skillful human interactions through decades of work on cross-cultural water and environmental conflicts. I participate in research exploring effects of meditation and other nervous system interventions on personal and collective well-being. I've taught meditation classes for 20 years; for *University of Arizona* Campus Health, Medical School & Honors College, *Tucson Community Meditation Center* and professional conferences; and value exploring with other curious, awakening hearts. I have four decades of immersive training in contemplative practice and a background in restorative movement. My classes and workshops focus on sensory awareness practices for nervous system regulation. I am certified in Dr. Porge's *Safe & Sound Protocol* and am a *trauma-informed* meditation teacher, with extensive training from *Institute of Applied Meditation*, *Unified Mindfulness* and other organizations. I live in Tucson with my husband, Ted.

