



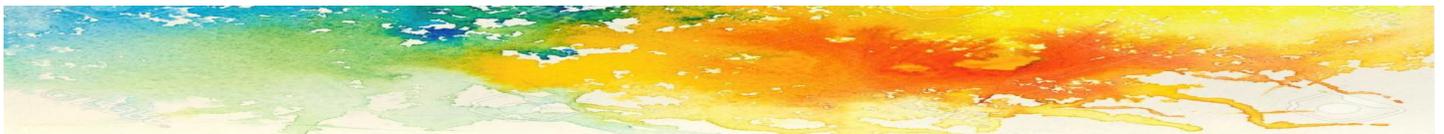
The Art of Thriving

Meditative Support for Our Mammalian Nervous System

There are deep-seated joys in our mammalian nature. The satisfaction of working up a good sweat. Childlike pleasure in soft, furry things. That warm fuzzy feeling of contentment, essentially mammalian, the body heat of the shared ancestral burrow that we remember in our bones and seek to recapture...

New York Times, Randy Laist, October, 2015

Tuesdays 6:30 - 7:45 pm, September – November



Vibrant mammals move attentively in their ecosystem. They oscillate between activity & repose, find what nourishes, seek shelter, join with supportive others. Our mammalian nervous system influences all life experience, our emotions, our interactions, our response to opportunity & threat.

Using *Heart Rhythm Meditation* & somatic practices, we ground ourselves in "ordinary" seeing, hearing, breathing, pulse & heartbeat. We deepen ease within ourselves & our nervous system, cultivating an internal *home base* from which to navigate challenges, thrive & explore. Practicing together, we expand our skill in meeting what life brings. We enrich our awareness of everyday experience – our gateway to the extraordinary.

Taught by Bonnie Colby, PhD, meditation teacher, UA professor, active in Tucson meditation community since early 1990s. *NO FEE. Donations gratefully accepted.*

Bonnie has 4 decades of immersive training in Sufi, Christian and Bhuddist contemplative practice. She has been teaching *Heart Rhythm Meditation* in Tucson for 16 years. She is certified in Dr. Stephen Porge's *Safe & Sound Protocol* to assist nervous system balance, is active in learning and teaching real-time practices to address stress and has a background in restorative movement. She lives in Tucson with her husband Ted, a genetics professor. Bonnie serves as teacher, mentor and retreat guide in the *Institute of Applied Meditation*.
www.iamheart.org

Questions? Contact Bonnie at heartprof@gmail.com, text 520-730-5889

Class meets at Tucson Community Meditation Center, non-profit community center, located at 1231 E Edison St, 85719. Residential neighborhood -- please do not park in front of neighbors in same block as Center. Disabled parking in



