



The Art of Thriving: *Meditative Skills for Well-Being*

Tuesdays 6:30 - 7:30 pm US MST. **MEETING ONLINE**

January 12 – March 2, 8 classes

Heart Rhythm Meditation & Somatic Practices. Learn on-the-spot tools to deal with stress and restore nervous system well-being. We ground ourselves in sensory awareness, breath & heartbeat through meditative and somatic practices that enhance nervous system balance*. We deepen spaciousness and ease within ourselves, cultivating an internal home base from which to navigate challenges, thrive & explore. Practicing together, we enrich our everyday experience and expand our capacity for meeting what life brings.

* Nervous system balance (assessed through vagal tone & Heart Rate Variability) is linked to our cognitive, emotional, physical and social health.

CLASS MEETS VIA ZOOM. ***Pre-registration required.*** Go to tucsonmeditation.org for registration information. Zoom link provided via email to those who pre-register.

Taught by Bonnie Colby, PhD, meditation teacher, university professor. ***NO FEE. Donations gratefully accepted.*** ***Questions? Ideas?*** Contact me at heartprof@gmail.com

About the teacher: I've been teaching meditation around Tucson for 18 years -- through University of Arizona Campus Health, Honors College and *Tucson Community Meditation Center*. I appreciate learning and growing by exploring together in a circle of curious, awakening hearts. I have 4 decades of immersive training in contemplative practice, and am certified in Dr. Porge's *Safe & Sound Protocol* to assist nervous system balance. I teach real-time practices to address stress, design my classes to be *trauma-informed* and have a background in restorative movement. I serve in the *Institute of Applied Meditation* as Mentor, Teacher & Retreat Guide. www.iamheart.org. I also am a UA professor -- specializing in river basin management, conflict resolution and securing water for environmental needs, tribal communities, farms & cities.

