



Art of Thriving: On-the-Spot Practices for Challenging Times

*Understanding life is second prize. Experiencing life – now **that's** first prize ...*
Joseph Campbell, *The Hero's Journey*

Four weeks, Jan 11 – Feb 1, 6:00 - 7:00 pm US MST. MEETING ONLINE

Learn on-the-spot practices for challenging moments and interactions. Skillful self-support from world meditative traditions, grounded in modern neuroscience. Class includes guided *Heart Rhythm Meditation* and other practices that enhance our nervous system balance, allowing us to respond skillfully during real-time challenges, while also supporting those around us*. Enlivening and valuable for both beginning & experienced meditators.

* Nervous system balance (assessed through vagal tone & Heart Rate Variability) 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 meditation, culture and the nervous system 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 social well-being. I've taught meditation classes for 18 years; for *University of Arizona* Campus Health, Medical School & Honors College, *Tucson Community Meditation Center* & professional conferences. I value exploring together in a community of curious, awakening hearts. I have four decades of immersive training in contemplative practice. I focus on sensory awareness practices for nervous system regulation and have a background in restorative movement. 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.

