



Art of Thriving: Cultivate Generative Longing

The secret of my song though near, none can see and none can hear ...

Jelaluddin Rumi from Song of the Reed

Tuesdays: April 9 – 23 @ 6-7 PM AZ (PDT), 3 weeks

Longing can be torment, yet also a generative force behind creativity & accomplishments. We explore practices that invite Longing to motivate our creation of art, beauty & new pathways to foster a better world. Cultivate nervous system balance* and facilitate warm connections, clear vision, skillful choices. We explore practices optimized for our human-mammal physiology & tailored to our unique life experiences.

world meditative traditions, grounded in modern neuroscience.

Class includes guided *Heart Rhythm Meditation* and other practices that facilitate nervous system balance. Enlivening and valuable for both beginning & experienced meditators.
Optional discussion time with Q&A, after guided practices.

* Nervous system balance is linked to cognitive & physical health; to our capacity to connect and rebound from stress. Assessed through *Heart Rate Variability* and other measures. Porges, S, Polyvagal Theory: A Science of Safety *Frontiers Integrative Neuroscience*, 2022 (free download at www.frontiersin.org)

Class meets via zoom. Pre-registration required. Go to tucsonmeditation.org to register. Zoom link provided via email to those who register. **Optional** donation to *Tucson Community Meditation Center* gratefully accepted during registration process.

About the teacher: Bonnie Colby, PhD, meditation teacher & university professor

I am grateful for 40 years of training in contemplative practice. I stand in awe of the effective nervous system interventions of diverse cultures, learned in decades of work on conflicts over land and water. I have taught meditation classes, workshops & retreats since 1998 -- emphasizing *on-the-spot* practices that deepen vitality and enhance resilience. I long for each person to taste how simple meditative practices can vibrantly infuse everyday life & connections.

In my university work, I focus on neuro-behavior in diverse groups tackling natural resource challenges. I have provided testimony to indigenous councils, courts & the U.S. Congress. I am a trauma-informed meditation teacher, *Mental Health First Aid Instructor* and interfaith minister. I have a background in restorative movement and am certified in the *Safe & Sound Protocol*. I value my training with *Institute of Applied Meditation*, *Unyte.com*, *Unified Mindfulness*, *Continuum* and other organizations. I live in Tucson with my husband Ted.



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heartprof@gmail.com	inquire: group trainings, interfaith gatherings & celebrations
unifiedmindfulness.com/team/bonnie-colby	coaching: optimize practices