

Being Present in the Body: Using Mindfulness to Work with Trauma (A Day for People of Color)

with Pawan Bareja, Ph.D.

August 21, 9:30am to 4:30pm

Spirit Rock Meditation Center, Woodacre, CA. www.spiritrock.org

In this daylong you will start to work with the traumatic responses in your body, which can inhibit your daily life through stress and anxiety. You will be empowered to hold your trauma responses using somatic (body-based) skills and mindfulness meditation tools. Specifically, the mindfulness practices of Loving-kindness, Compassion, Sympathetic Joy and Equanimity will be used to help you free up your energy so you feel more settled, grounded, and calm in your everyday life.

Working directly with your body, you may begin to heal the trauma by discharging the unresolved traumatic energy that gets bound in the nervous system in a variety of ways as body constriction and emotional reactivity. With the somatic and mindfulness tools offered in this class, your nervous system can begin to regain its innate capacity to self-regulate.

Appropriate for those who are new and experienced meditators. All are welcome! Continuing Education (CE) credit available.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	Sunday August 21, 9:30am to 4:30pm
Fees:	\$25 - \$108 sliding scale, plus a donation to the teacher(s) Add \$5 at the door. Please bring your lunch. Code PC2D15.
Registration:	https://www.spiritrock.org/calendarDetails?EventID=3920
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	MFTs, LCSWs, psychologists and nurses. Please call (415) 488-0164 or visit https://www.spiritrock.org/sslpage.aspx?pid=297