

Being Present in the Body: Using Mindfulness to Work with Trauma

with Pawan Bareja, Ph.D.

Sunday November 20th, 10am to 4:00pm

Against The Stream San Francisco, 2701 Folsom St, San Francisco, CA 94110.

www.AgainstTheStream.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. People of all ethnic backgrounds, sexual orientations, and gender identities are welcome.

Appropriate for those who are new and experienced meditators. People of all ethnic background, physical abilities, sexual orientation, and gender identities are welcome!

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Date:	Sunday November 20th, 10am to 4pm
Fees:	Please check Against the Stream San Francisco calendar
Registration:	Please check Against the Stream San Francisco calendar
Scholarship:	Nobody is turned away for lack of funds. Scholarships and work study are available
CE Credits:	Please check Against the Stream San Francisco calendar