

Healing Trauma using Loving-kindness & Compassion (5 class series) with Pawan Bareja, Ph.D.

5 Wednesdays, Oct 14th - Nov 18th, 2015; 7pm - 9pm ***No Class November 4th**
Spirit Rock Meditation Center, Woodacre, CA. www.spiritrock.org

With the teachings offered in this 5-class series, you may start working with the traumatic responses in your body, which can inhibit your daily life through stress and anxiety. The class is designed to empower you to hold your trauma responses using somatic (body-based) skills and mindfulness meditation tools. Specifically the mindfulness practices of the body will be used to work with the stress responses in the body to help you free up your energy. The practices of Loving kindness, Compassion, Sympathetic Joy and Equanimity will be used to help 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.

In this class the instructor will combine the mindfulness meditation practices with skills of Somatic Experiencing®, a trauma healing modality by Dr. Peter Levine. The reference book for this course is "Emotional Chaos to Clarity" by Phillip Moffitt since it presents direct application of mindfulness tools in working with trauma. This class structure includes didactic presentations, discussion, movement, and meditation. This class is to help students work with their personal traumas (if any) and is not meant to train students to work on other people's traumas. Students are encouraged to commit to attend all 5 classes since the material builds with each class.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	5 Wednesdays, October 14th - November 18th, 2015; 7:00pm - 9:00pm *No Class November 4th
Fees:	\$50 for series, \$25 for Senior or Young adult. plus a donation to the teacher Code PB1C15.
Registration:	https://www.spiritrock.org/calendarDetails?EventID=3909
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

