

## **Return to Wholeness – Releasing Trauma using Loving Kindness and Compassion**

with Pawan Bareja, Ph.D.

May 8, 9:30am to 4:30pm

Spirit Rock Meditation Center, Woodacre, CA. [www.spiritrock.org](http://www.spiritrock.org)

In this daylong, we will be working with the traumatic responses in your body, which can inhibit your daily life through stress and anxiety. We will explore holding 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. These somatic and mindfulness tools offered in this class may help your nervous system to access 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 May 8, 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.
Registration:	<a href="https://www.spiritrock.org/">https://www.spiritrock.org/</a>
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	MFTs, LCSWs, psychologists and nurses. Please call (415) 488-0164 or visit <a href="https://www.spiritrock.org/sslpage.aspx?pid=297">https://www.spiritrock.org/sslpage.aspx?pid=297</a>