

Awakening the Heart, Mind & Body Class

**8 Thursdays, 5:30-7:30pm, January 21st – March 10th
with Saturday Daylong 9am-2pm, February 27th
20 Mesa Rd, Colorado Springs (Scholarships Available)
led by Karen Recktenwald, Bodhi Mind Center**

Many Buddhist traditions explore the nature of self, the body, and the mind. An open heart and inner smile can be a windows through which we observe. With the breath as our guide and slowing down in daily life, we learn to observe the rolling in and rolling out, from the 10,000 things to the great generative void of possibilities. In the process we find refuge.

In a circle of kindness and connection we practice together:

- Alignment and Relaxation of Breathing in Sitting, Walking, Mindful Movement, Body Scan, and Touch, Sight, Sound Meditation
- Using our class as a support and energy boost for home practice
- Expanding the spaciousness to be with what is, even sleepiness 😊
- Observation of changing sensations, thoughts, emotions, moments...
- Specific skills to hardwire well-being into the nervous system and
 - Experience and remember the qualities of Mindfulness
 - Increase Self-Forgiveness and Self-Compassion (Karuna)
 - Be resilient when reactivity, anger, fear, sadness arises
 - Deepen Gratitude, Kindness (Metta) and Joy in daily life
 - Make possible effective communication in relationships

Suggested Donation for the 8 Meetings and Daylong: \$105

TO REGISTER or For A Scholarship: recktenwaldkaren@gmail.com

Series includes emailed quotes, poems, links to free audios, videos,
etc.