Center for Mindfulness
6-Week Series
at Colorado State University
INSTRUCTOR

Lauren Ziegler is a teacher of mindfulness and meditation since 2012. She holds a degree in Psychology from the University of Minnesota with an emphasis in mindfulness-based stress reduction. She has advanced formal and clinical training and is certified with the International Association of Yoga Therapists. Lauren is a speaker and educator leading over a hundred thousand people in guided meditation for stress reduction, relaxation and deep sleep. She provides a blend of education and practical, experiential tools with the goal of showing you how to use them as needed to feel better, think better and work better.

6.1 STRESS RELIEF AND RESILIENCY

This session is about calming anxiety, a busy, worried mind and regulating your nervous system by eliciting the Relaxation Response. You will learn a simple biofeedback tool to increase resiliency.

6.8 THE INNER CRITIC

In this session, we look at how self-judgements affect us and we practice reducing the impact of those judgements, so that we aren’t so hard on ourselves and can move from self-blame to self-forgiveness.
6.15 TRANSFORMING PAIN

We practice being a dear friend to ourselves, and move from self-harm to self-compassion, bringing a calming salve to our aching emotional wounds and hurts.

6.22 TOOLS FOR FALLING ASLEEP

This session will lead you through a series of steps that culminate in the deepest state of relaxation. This will help to resolve issues such as: lack of deep rest and quality sleep as well as the mental and emotional challenges that stand in the way, stress, anxiety and the overall nervous system challenges.

6.29 THE POWER OF AWARENESS

Change is possible and developing mindfulness creates more possibilities. Neuroplasticity gives us the power of choice to reassess self-perception and become more inclined toward happiness.

7.6 GUIDED REST FOR WILL POWER

This session will include guided, systematic relaxation and is dedicated to potentization of your power of resolve in order to ultimately access a state of mind, which will elevate your capacity to become, achieve or overcome any challenge you truly desire.
These sessions will be offered through Zoom

Mindful Monday’s
June 1 at 12:00 - 12:45 pm for 6 weeks

Join Meeting Link
Meeting ID: 842 7440 6468
Password: 189980

Dial by your location
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Germantown)
Meeting ID: 842 7440 6468
Password: 189980