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.

4.13 HANDS-ON STRESS MANAGEMENT

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 process stress.

4.20 TOOLS FOR INSOMNIA

You will learn an effective tool for relaxation (that is used with the Military and PTSD) so that you can fall asleep more swiftly and rest more easily and deeply.
4.27 CONTEMPLATIVE INQUIRY AND SELF-COMPASSION

We will inquire into automatic thought patterns and do a quick exercise to identify your "Inner Boardroom" of critics. We will then practice self-compassion.

5.4 GUIDE TO BETTER SLEEP

We discuss and practice a remedy to improve sleep through systematic relaxation, calming the mind and body and accessing deep peace and well-being.

5.11 MINDFULNESS AND MANAGING STRESS

Stress can be a driver for incredibly innovative and beneficial action, when handled and managed appropriately. In this session, we introduce activities to help you cope with the stress that builds up in your life.

5.18 MINDFUL MOMENTS IN DAILY LIFE

This session is about how to take micro moments throughout the day and to spot opportunities to return to your baseline. We will practice gentle mindful movement and a tool you can use to quickly reconnect with what matters most.
These sessions will be offered through Zoom

With the unprecedented level of stress we are currently facing and the closure of many facilities, we are pleased to offer these Mindful Monday sessions to you through the Colorado State University Center for Mindfulness. You are welcome to any and all sessions, recordings of the sessions will be provided upon request. Join here:

Topic: Mindful Monday's
Time: 12:00-12:45
https://zoom.us/j/389442956
Meeting ID: 389 442 956

Dial by your location
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