Center for Mindfulness
NEW 6-Week Series on Sleep
INSTRUCTOR

Lauren Ziegler is a part of the leadership team at the Center For Mindfulness at CSU. She has advanced formal and clinical training and has been practicing meditation for 14 years. Lauren is a speaker and educator leading over a hundred thousand people in guided meditation for stress, better sleep and better cognition. She has her own app and membership community, My Still Life. She provides a blend of educational and practical tools and shows people how to use them as needed to feel better, think better and work better. Feel free to reach out with questions or feedback at: info@laurenziegler.com

11.4 START SLEEPING BETTER

We quite naturally think that if we sleep less, we will be able to get more done, but the brain needs eight hours. By being well-rested, we are better able to respond to the demands of our lives with intelligence.

11.11 FALLING ASLEEP SWIFTLY

In this session, learn to speed up the process of falling asleep intentionally and naturally by systematically preparing your nervous system for sleep.
11.18 RE-LEARNING TO FALL BACK ASLEEP

Do you sometimes wake up and have a hard time falling back into slumber before your mind gets active? In this session, learn how waking up in the night is ok and how to help yourself fall back asleep.

11.25 CLEAR YOUR MIND, GO TO SLEEP

Do you sometimes struggle to make peace with the day and leave it for tomorrow? You don’t have to cage the monkey mind to get to sleep. Learn a way to work with your busy mind to get incredible sleep.

12.2 WIND DOWN INTO SLEEP

Wind down and calm the tension and hyperactivity. Listen to this guided meditation and let the process guide you to release and relax body and mind.

12.9 TOOLS FOR INSOMNIA

This session shows you how to get the sweet release of falling asleep and it will help you cultivate relaxed attentiveness and a pathway to ease-filled sleep.
These sessions will be offered through Zoom

Mindful Sleep Series
Wednesdays
November 4th from 12:00 - 12:45 pm for 6 weeks

Join Meeting Link
Meeting ID: 840 7727 0722
Passcode: 132437

Dial by your location
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