

Explorations

A new life-long learning collaborative at UUSDBA!

MARCH 2009

2nd and 4th Wednesdays, 7 PM

BE-ING PRESENT: LIVING MINDFULLY

"Mindfulness is awareness of present experience, with acceptance." ¹

Let's explore ways to notice and shift our states of mind so that we can "abide more peacefully in the midst of whatever happens."¹

So we can plan for attendance, please register with Kathryn: kathrynhs@gmail.com

March 11: **Living Mindfully: Kathryn Hansman-Spice**
Learn to notice "what is" in the present moment and invite new possibilities of ease, flexibility and peace through gentle self-care movements that can be enjoyed in a chair or standing. Kathryn, an Instructor in The TRAGER® Approach, will share key bodymind concepts and experiences.

March 25: **Eckhart Tolle: "The Simple Truth"**
Cliff Jackson will show a DVD interview, introducing Tolle's teachings on Spirituality, Self Realization and Personal Growth.

Tolle's teachings will continue to be explored in a Friday afternoon DVD series, Freedom from the World, which will every Friday from 3-5 PM for 9 weeks, beginning April 3. Contact Cliff for more information: reelseeker@aol.com

¹ Ronald D. Siegel, PsyD et al. (2008) *Mindfulness: What is It? Where Does It Come From?* NICABM.