



MEDITATION STRATEGIES TO REWIRE THE BRAIN

WITH DR. JEFF TARRANT OF THE
NEUROMEDITATION INSTITUTE

Meditation works! Research clearly shows that meditation is beneficial for a range of mental health concerns and can significantly change the structure and function of the brain. In this series of classes, you will learn the science behind meditation and understand that all meditations are not created equal. Different styles of meditation require different types of attention, intention and brain activation patterns. Based on this understanding we have identified 4 styles of meditation (Focus, Mindfulness, Open Heart, Quiet Mind) that can be matched with specific mental health concerns. This approach allows us to individualize meditation interventions to fit the specific goals and needs of our clients. This series will go beyond traditional meditation practices and explore mind-body strategies that intersect with other therapeutic approaches, such as biofeedback and mindfulness-in-motion (yoga, qigong).

Tuesdays 5:30-7pm in the Moon Room
April 30, May 7, 14, 21
\$25/class or \$90 for all 4

