



# Mindfulness Meditation and Movement for Wellness

## SHAMBHALA MOUNTAIN CENTER | ONLINE PROGRAM

Tuesdays Nov 17th, 24th, Dec 1st, and Dec 8th

*The program is eligible for the \$500 Lifestyle Education Reimbursement for Larimer County Health Plan Members upon 75% completion of the program.*

Our natural state of well-being is accessible when we take time to slow down. We need this in today's speedy and chaotic world, as many of us are seeking relief from feelings of stress, anxiety, heartbreak, despair, loneliness, and exhaustion. Our environment is out of balance, our jobs and relationships often become strained and unstable when we are stressed, and our minds and bodies follow suit. Many of us seek to escape, numb out, or fight these difficult feelings and experiences through unhealthy coping mechanisms. But there is another way. Mindfulness meditation and embodied movement are tools that we can use, and have been used for centuries by people of all or no religious traditions for this purpose. Within us, we have the capacity to continually heal, nourish, strengthen, rejuvenate, and grow. We have our own indestructible source of resilience.

**This four-week online course is designed to introduce mindfulness meditation and mindful movement, and methods for how we can apply them in daily life to reduce anxiety, work with difficult emotions, strengthen resilience, and increase our capacity to stay present through life's challenges.**

The general topics we will cover throughout each of these four ninety-minute sessions are:

1. Introduction to Mindfulness Meditation and Movement Practices
2. Working with Stress and Strong Emotions
3. On-the-spot Mindfulness Methods to Use in Daily Life
4. Establishing a Daily Mindfulness Practice

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**Time Commitment:** Four 90-minute weekly sessions

**Price:** \$150

**Dates:** Tuesdays, Nov 17, Nov 24, Dec 1, Dec 8

**Time:** 6:00—7:30pm MST

REGISTER HERE: [www.shambhalamountain.org/program/online-mindfulness-meditation-and-movement-for-wellness/](http://www.shambhalamountain.org/program/online-mindfulness-meditation-and-movement-for-wellness/)

## ABOUT THE INSTRUCTORS



**Loden Nyima** has been teaching meditation for over twelve years in settings ranging from long-term communities, to buddhist retreats, to secular introductions to mindfulness practice and occasional interfaith events. His training as a buddhist monk has included over ten years of intensive personal practice, philosophical study, and extensive work in education and curriculum design both within buddhist settings and for general meditation practice for diverse audiences in a range of settings. His passion is in supporting practitioners of meditation to find the tools that work for them in their lives. He currently lives and teaches at Shambhala Mountain Center.



**Melissa Lago** MA, MDiv is a mind-body educator, yoga teacher, and the Director of Strategic Programming at Shambhala Mountain Center. Her primary area of research is on how we cultivate resilience. Prior to completing her Masters of Divinity degree in 2018, she taught philosophy, religion, interdisciplinary studies and yoga at Holy Names University (HNU) in Oakland, CA. In 2013 she began developing the curriculum for her own health and wellness course, the Mind Body Wisdom process, which has informed her teaching since. She has taught yoga, and health and wellness classes at Massachusetts General Hospital, Shambhala Mountain Center, Harvard Center for Health and Wellness, Harvard Divinity School, Athleta, yoga studios, and for private clients. To learn more about her background, please visit her website at [www.yogatransformsus.com](http://www.yogatransformsus.com).

## ABOUT SHAMBHALA MOUNTAIN CENTER



Shambhala Mountain Center (SMC), located in the mountains just west of Fort Collins, Colorado, was founded just over 40 years ago by the Tibetan Buddhist teacher Chogyam Trungpa Rinpoche. Based on the mission of supporting the exploration of individual and societal wisdom, SMC offers short and long-term programs in contemplative wisdom traditions, yoga, the arts, psychology and healing. Our audience ranges from long-time meditators to people coming for a first-time retreat experience. The land, 700 acres of beautiful wilderness, is a profound support for the practices and work offered during retreats.



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For more information on our mission, please visit our website at:  
[www.shambhalamountain.org/about/](http://www.shambhalamountain.org/about/)