

**Colorado State University Extension  
Winter 2018 – Spring 2019 Wellness Class  
Fort Collins Senior Center**



**Morning Meditation**

Thursdays 12/6, 12/20, 1/10, 1/24, 2/21, 3/14, 4/4, 4/18, 5/2, 5/16: 9:00 – 10:00 am

Join us for a monthly morning meditation session. Basic instruction will be offered as well as a guided meditation and time for silent practice. Our practices will vary week to week. The session will conclude with reflections on how to make and maintain space for everyday mindfulness. All levels welcomed!

**Tame your Stress**

Thursday, Dec. 20, 10:30 -11:30 am

Stress and negative self-thoughts can be our constant companions. Mindfulness offers us a way to undo habits that keep us stuck in a cycle of stress. We will explore what mindfulness means and how to apply basic principles and practices in our everyday lives to decrease stress and create new pathways for self-care.

**Authentic Connection**

Thursday, Jan. 24, 10:30 am– 12:00 pm

How often are we truly present with others? How can we deepen our connection with those we love? We will explore four elements of authentic connection - presence, mindfulness, attunement, and compassion – and practice mindful listening as a foundation for extending the gift of presence to others.

**Cultivating Compassion**

Thursday, Feb. 21, 10:30 am– 12:00 pm

Research shows we are most joyful when we are kind and generous to others. Yet we let barriers to compassion stand in our way, most importantly a lack of self-compassion. In this class, we will explore how to free up our compassion energy, open our hearts, and cultivate greater kindness towards ourselves and others.

**Positive Brain Change**

Thursday, Mar. 14, 10:30 – 12:00 pm

How can we change our brains to benefit our health and well-being? In this class, we will explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence.

**Make it Stick**

Thursday, April 18, 10:30 – 11:30 am

Behavior changes rarely stick the first time around. We can increase our odds of success if we understand the stages of change process. This class will help us assess, address, and remove barriers that keep us from moving forward. We will learn practical behavior change strategies that will enhance our confidence and motivation.

**Everyday Mindfulness**

Thursday, May 16. 10:30 – 11:30 am

Increased mindful awareness can bring about profound changes in how we experience our lives. In this experiential class, we will learn practical strategies to help us reconnect with our senses, calm our nervous system, befriend our negative thoughts, and relax our reactivity.

**All class are FREE and open to the public.**

**Registration through the Recreator: 970-221-6655**

**For more information contact Sue Schneider at CSU Extension:**

**[sdschneider@larimer.org](mailto:sdschneider@larimer.org) or 970-498-6014.**