CREATING SPACE FOR CHANGE

PRESENTED BY ERIC PETER



In these hourly zoom sessions, Eric will provide practical exercises for activating your nervous system's ability to calm and heal itself. The objective of this class is to learn how to manage the sympathetic and parasympathetic nervous system.

Daily instruction, Monday through Thursday for four weeks, will vary, but will cover:

- **Exercises that help calm your nervous system**
- **Exercises for promoting neutral observation**
- **Neurogenic tremor techniques**
- **Centering Prayer**

You will learn an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system. The exercises are intended to be used as a self-help method that is easily learned, has immediate effects and can be integrated into a simple daily routine to help restore a sense of inner peace and relaxation.

An Online Event

October 5-29
November 2-25

(No classes in December)

7:00-8:00 am
(Mountain Time)

Monday – Thursday Mornings

Cost: $50

Register Monthly at:
centeringprayer.net/CreatingSpaceforChangeZoom

303-698-7729

Scholarships Available

Center for Contemplative Living / Contemplative Outreach of Colorado