**Mindfulness at the Edge**

**Awareness in Complex Times**

We live in and operate within a very complex world - one that is rapidly changing, one that has many moving parts, and one with changes that can’t be anticipated from the understanding of the moving parts alone. The resulting environments pose challenges on multiple levels: intellectual, emotional, relational, and functional. These challenges give rise to our “edges”: thresholds, choice points, and frontiers - the gaps between where we are and where we want to be. We all have “edges”, and when we are aware of them, we can see the opportunities available for new ways of being and doing. Furthermore, when we are clear on our commitments, we can be more effective in our lives and in taking mindful action in the world.

**LEARNING OUTCOMES:**

This workshop will give you the tools to:

- Identify your personal and professional “edges” and commitments around complex challenges.
- Increased awareness of complex situations and opportunities to apply mindfulness.
- Experience with several practices to build and embody mindfulness, awareness, and presence.
- Expansion of your capacity to take mindful action in the face of complex challenges.

This one-day workshop will introduce the concepts of system theory and complexity and address the importance of mindful awareness and action in complex scenarios and systems. It will include guided experience with “edge-play” through several practices to enhance mindfulness, awareness, and the ability to play our “edges” with greater skill and ease.

**Instructor**

Christina (“Tina”) Geithner earned her Ph.D. in Kinesiology from the University of Texas, with a specialty in Physical Development and Aging. With more than 30 years of teaching experience in higher education, including 20 years full-time at Gonzaga University, she has transitioned into part-time teaching in graduate leadership programs at Gonzaga, life coaching, and workshop design and facilitation. Tina’s current work and learning are focused on mindfulness, somatics and body-based learning, and leadership and embodiment. She is a Certified Presence-Based Coach®, Lifestyle and Wellness Coach, and ICF-Associate Certified Coach. She is also holds certifications as an ACSM Certified Exercise Physiologist (ACSM EP-C) and a Registered Yoga Teacher (RYT-200), and enjoys a variety of outdoor activities in addition to her yoga practice.

**DATE**
Friday, November 17th

**TIME**
8am to 4pm

**VENUE**
Hemmingson 314
Gonzaga University

**COST**
$135 per person

**INCLUDES**
1 CE credit
Light breakfast & Lunch

TO LEARN MORE, PLEASE CONTACT:

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Top photo courtesy of Tina Geithner