

## **Transforming Depression and Anxiety**

**Sponsored by Insight Meditation - Modesto**

**with Dr. Lee Lipp and Rev. David Zimmerman**

**Saturday, October 20 - 10:00 am to 5:00 pm**

Anxious and depressed states of mind often feel like dragons that can hinder and overwhelm us. Aversion to these states of mind are often accompanied by reactivity and actions that worsen how we feel. We suffer.

During this day together we will examine how to recognize the dragons and how to tame them. Instead of running away from difficult thoughts and feelings that can lead to chronic unhappiness and/or agitation, our focus for this day will be on kindhearted mindful awareness and intentional cultivation of non-reactive attention to these elements of our experience. Guided meditations will be offered as we practice stopping and quieting the mind so that we slow down enough to see what is actually happening internally. The natural state of a quieted mind interrupts reactivity and offers us freedom to uncover a compassionate and responsive relationship to experience that can alleviate and liberate us from suffering.

This daylong workshop retreat is appropriate for those new to meditation or those wishing to deepen their practice, individuals and health care professionals alike. Everyone is welcome.

**Where:** Doctors Medical Center, Conference Center, Room 1  
1441 Florida Avenue, Modesto, CA

**Workshop fee:** There is no fee for this workshop and donations for the Insight Meditation Modesto's future daylong retreats and for the teachers will be gratefully accepted.

**Registration:** [insightmeditationmodesto@gmail.com](mailto:insightmeditationmodesto@gmail.com) or contact Lori: 209-343-2748

**What to bring:** Please bring something vegetarian to share for a potluck lunch.  
Hot water and tea will be provided

**CE credit:** 6 CE credits available for MFTs, LCSWs, psychologists and nurses from SCRC for \$15. Prepayment is available on their website. See below.

CEs for psychologists are provided by The Spiritual Competency Resource Center which is co-sponsoring this program and is approved by the American Psychological Association to sponsor continuing education for psychologists. SCRC maintains responsibility for the program and its content. SCRC is a California Board of Registered Nursing Provider (BRN) and a Board of Behavioral Sciences Provider (BBS). For questions about CE contact [www.spiritualcompetency.com](http://www.spiritualcompetency.com) or contact David Lukoff, PhD at [david.lukoff@gmail.com](mailto:david.lukoff@gmail.com) or (707) 763-3576.

**For more information please go to:**  
<http://insightmeditationmodesto.wordpress.com/>