

The Bridge presents an evening talk and full-day workshop with Beth Meeker, L.M.H.C.



### Beth Meeker, LMHC

Beth Meeker has a private practice as a Licensed Mental Health Counselor in St. Petersburg where she facilitates mindfulness and body-centered psychotherapies that invite deeper, richer states of being. After she was introduced to Vipassna meditation eight years ago, Beth dedicated herself to learning and teaching this practice, a journey that has transformed her life in unimagined ways. She studied under the tutelage of Dr. Steve Shealy, a student of Jon Kabat-Zinn and with whom she has co-led numerous workshops. In addition to her work with individuals, Beth facilitates mindfulness groups for stress reduction and for cultivating authentic and fulfilling lives. Beth's talents include the skillful ways in which she catalyzes healing and growth and her ability to move people from personal discoveries to wise living. Beth is committed to personal and cultural transformation.

FOR MORE ABOUT BETH  
[WWW.BETHMEEKER.COM](http://WWW.BETHMEEKER.COM)



envisioning a life sustaining future

THE BRIDGE is a 501(c)(3) non-profit organization that promotes eco-centric living, social justice, personal development, creativity and the dynamic interplay between these interdependent aspects of life.

<http://www.thebridgetampa.org>

**For more information,**  
[contact@thebridgetampa.org](mailto:contact@thebridgetampa.org)

# Mindful Living

## Accessing our true nature on behalf of Self and Earth

### Thursday Evening Talk

When life is lived mindfully a vibrant community that cares for the well-being of the whole rises organically. Our fragmented world needs this more than ever. Our responsibility as individuals is to unveil and act on behalf of our inborn longing to do what is good, a core aspect of our true nature and of mindful living.

On this evening, Beth will guide us in exploring the following questions: How can we better understand and activate the part of us that seeks to fully express love for ourselves, humanity and the Earth? How is mindfulness a regenerative resource?

### Saturday Full-Day Workshop

During the first part of the day we will engage in a dynamic group experience exploring how our life stories and our bodies express their unique wisdom. By decoding the subtle language of our inner nature we will be able to more effectively act on its behalf. Beth will guide us with a series of mindful, experiential tools including meditation, visualization, writing, and meaningful small group interactions.

After lunch we will act as "gardeners" by unearthing the nourishing conditions that enable our true nature to blossom and thrive. We will look at our own unique ways of acting in the world as we go beyond our comfort zones and take risks on behalf of life. We will explore skillful means of channeling the power of our authenticity to serve the world with courage, grace, ease and compassion.

### Dates & Times

#### Thursday Evening Talk

Sept. 13, 7 to 9pm

Fee \$15

#### Saturday All Day

Sept 22, 9am to 5pm

Fee \$80.00

(lunch on your own)

### Location

First United Church of Tampa  
(UCC)

7308 E. Fowler Ave.

Tampa, FL 33617



*"Peace is something that we can bring about if we can actually learn to wake up a bit more as individuals and a lot more as a species; if we can learn to be fully what we actually already are; to reside in the inherent potential of what is possible for us."*

— Jon Kabat-Zinn

To register online please click: <http://www.thebridgetampa.org/component/registrationpro/>