

presented by the Bridge

About our
Facilitator



Maulik K. Trivedi, MD

practices mind-body medicine in Tampa. He utilizes a holistic perspective in guiding individuals to their highest potential in life. He was born in India and immigrated to NYC in middle school. He graduated from New York Medical College, completing his residency in Psychiatry and Fellowship in Child and Adolescent Psychiatry at Albert Einstein School of Medicine. He is a devout husband and father of two children. Please visit <http://www.mindbodyintegrated.com> for more information.

Join us to explore the following:

- What is Mind? What is Yoga?
- Is meditation theory, intention, action or result?
- Why is meditation essential to happy, successful and sustainable living?

Wear comfortable clothing and bring a sweater. Feel free to bring a yoga mat.

FEE: \$45

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envisioning a life sustaining future

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join us for an experiential workshop

MEDITATION

science, spirituality,
sustainability



Sat. Sept. 28 • 10am to 1pm

Carrollwood Cultural Center • 4537 Lowell Rd Tampa, FL 33618

Join integral psychiatrist and Yogi, Dr Maulik Trivedi, as he unravels the timeless wisdom of meditation and its practical application for our generation.

Meditation is a transformational mind-body practice through which we discover the hidden treasures of our complex humanity. We find inner peace in a world that often feels chaotic and frenzied. We heal ourselves physically and emotionally. The obscure truths of the world's mystics are unveiled and become accessible to all of us...here and now.

In this informative and experiential workshop we will gain an evidence-based, scientific understanding of meditation while appreciating its enormous spiritual benefits. Participants new to meditation will learn easy, practical ways to begin. Experienced meditators will gain insights into methods that expand their established practices. We will also explore the critical role meditation plays to foster sustainable living – a way of life that includes *the creation of a holistic community of individuals who maintain and nurture self-awareness at the level of body, mind and spirit and apply such to daily life through self-directed choices to bring peace and joy to themselves and the world* (Dr. Trivedi's mission).

The day ends with guided experiences focused on pranayama (breathing) techniques and exercises that merge the power of sound and breath.

We will be accompanied by the live, beautiful and intricate music of accomplished sitar player, Douglas Werner.



Doug was introduced to the music of North India by the great sitar master Roop Vermahe and later brought the first Nada Yoga experience to Tampa Bay. He continues to study, record and perform solo for meditation and yoga sessions.

Doug received his doctorate in clinical health sciences with a focus on Asian and Ayurvedic medicine. His latest research is in the specialty of phylogenomics and its positive impact on health. He practices CAM, anti-aging and functional medicine in an integrative medical practice in Tampa.

For more information,
contact@thebridgetampa.org
813-416-3069

To register please click on this link: <http://www.thebridgetampa.org/component/registrationpro/>