



## **The Art of Thriving as a Grad Student**

**Wednesdays 5:00 - 6:00 pm through May 6**

**MEETING ONLINE March 18 – April 15** (*instructions below*)

***Open to UA grad students and partners, housemates, family & friends they invite.***

Co-facilitated by Bonnie Colby, UA professor & meditation teacher  
Anne Gallenstein, PMHNP-BC Counseling & Psych Services (CAPS)

***Life says to us “I have a place for you. It is here, now ....”***

*Learn on-the-spot practices* to support well-being & deal with stress. We ground ourselves in seeing, hearing, breath & heartbeat through sitting & walking meditation and through breathing practices that enhance vagal tone.\* We deepen ease within our nervous system, cultivating an internal *home base* from which to navigate challenges, thrive & explore. Practicing together, we expand our capacity for meeting what life brings. A thriving, balanced nervous system enhances all life experience; our emotions, learning, creativity, responses to attractions & aversions, choices in work and play ...

Zoom room opens at 4:50 PM. Questions? Contact Professor Colby at [bcolby@email.arizona.edu](mailto:bcolby@email.arizona.edu).

\*Our vagus nerve (largest nerve in our body) integrates heart, brain, digestion & immune response. Improving our vagal tone, through *Heart Rhythm Meditation* and other practices we will learn, helps us rebound from stress.

***How to join class online via Zoom:*** The Zoom “room” for class is: <https://zoom.us/j/4804391560>. You need to download Zoom in order to join. To do that, click on link provided. Then click “Join” on the Zoom page, and follow prompt to “download Zoom if the meeting doesn't open in the browser”. Zoom provides you a link to download Zoom. We will open the Zoom room at 4:50 PM so you have time to download Zoom and doublecheck that you can enter room. You need to enable computer audio when prompted by Zoom. You do not need to activate your camera to participate, but it is enjoyable to see each other. In Zoom, you will be able to see and hear me (and others who have enabled their computer cameras). Send email if you need help getting into Zoom room. [bcolby@email.arizona.edu](mailto:bcolby@email.arizona.edu)

***We can’t tame the wind and waves, but we can learn to sail.***

**About Your Co-Facilitators** **Bonnie Colby’s** work focuses on economic, cultural and conflict resolution aspects of water & environmental challenges. She has authored dozens of articles and 8 books, and provided invited testimony to the U.S. Congress. Bonnie has taught meditation classes for the UA Honors College, College of Medicine and Campus Health. She is certified in Dr. Porge’s *Safe & Sound Protocol* to assist nervous system balance, teaches real-time practices to address stress, designs her classes to meet *trauma-informed* meditation guidelines, and has a background in restorative movement. Bonnie serves as teacher, mentor and retreat guide in the *Institute of Applied Meditation*, an international non-profit organization. She has been teaching weekly meditation classes for 18 years. [bcolby@email.arizona.edu](mailto:bcolby@email.arizona.edu)

**Anne Gallenstein** is a Board Certified Psychiatric Mental Health Nurse Practitioner earning her advanced degree in 1991, at State University of New York Stony Brook. She has 30 plus years of wide & varied experience in the field of mental health; including practicing as a psychotherapist and psychiatric medication prescriber in both inpatient and outpatient settings and working as a professor of psychiatric nursing. She has special interest in integrative medicine and healthy lifestyle interventions, including meditation. She has recently completed a 2-year, intensive Heart Rhythm Meditation program at the *Institute of Applied Meditation*. She enjoys the Arizona lifestyle with her 2 college-aged kids, husband and lovable mini-poodle. [Akopstein@email.arizona.edu](mailto:Akopstein@email.arizona.edu)