The Art of Thriving as a Grad Student
Wednesdays 5:30 - 6:30 pm, Sept 16 – Dec 16
MEETING ONLINE

Open to UA grad students; and partners, housemates, family & friends they invite.
Sponsored by UA Counseling & Psych Services

Facilitated by Bonnie Colby, UA Professor & meditation teacher
with guest facilitators
Lori Harger & Anne Gallenstein, Psychiatric Nurse Practitioners

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 ...

*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, enhances our resilience under stress.

Zoom link: https://arizona.zoom.us/j/96285828301?pwd=eVhrQ3VzbDFvV01WdXVtM0xwejdNUT09

Our Zoom passcode = thriving. It is embedded in Zoom link. Zoom room opens at 5:20 PM. Questions? Contact Professor Colby at bcolby@email.arizona.edu.

Zoom room opens at 5:20 PM so you can double-check connection. You do not need to activate your camera, though we enjoy seeing one another.

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

About Facilitator: Bonnie Colby became intrigued with the nervous system through seeing effects on group problem solving capacity over decades of work on cross-cultural conflicts. She focuses on economic, cultural and conflict resolution aspects of water & environmental challenges. Dr. Colby has authored dozens of articles and 8 books, and has provided invited testimony to the U.S. Congress. She was introduced to meditation during cross-cultural exchanges in her teens and has four decades of training in western and eastern meditative practices. Bonnie has taught meditation classes for 18 years, with the UA Honors College, Campus Health, Tucson Community Meditation Center and the broader public. Bonnie focuses on meditative practices that aid nervous system regulation. 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 mediation 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 lives in Tucson with her husband, Prof. Ted Weinert.

Guest Facilitators will join us periodically: Lori Harger and Anne Gallenstein are Board Certified Psychiatric Mental Health Nurse Practitioners, as well as experienced meditators and meditation teachers. They have a special interest in integrative medicine and healthy lifestyle interventions, including meditation.