



The Art of Thriving as a Grad Student

Wednesdays 5:00 - 6:00 pm. Jan 22 – May 6

Campus Health, Room B207 on Second Floor (Meder Room)

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 ...*

Questions? Contact Professor Colby at 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.

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

Begins promptly at 5:00. Ends at 6:00. Room opens at 4:50. ***No fee. Drop-ins welcome.***

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. 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 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 at the *Tucson Community Meditation Center* and other locations for 18 years. 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