



Life as a Grad Student: Strategies for Inner Balance

Wednesdays 4:30 - 5:30 pm. Starts Sept. 25

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”

On-the spot practices to deal with stress, enhance enjoyment and build lifelong skills. In this experiential class, we practice attending to sensory experience and cultivate an internal *home base* from which to navigate challenges, thrive & explore. Class includes *heart rhythm meditation* and other practices to facilitate nervous system balance. Questions? Contact Professor Colby at bcolby@email.arizona.edu.

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

Begins promptly at 4:30. Ends at 5:30. Room opens at 4:20. Optional after class discussion 5:30-5:50.

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 and for UA Campus Health. Bonnie serves as teacher, mentor and retreat guide in the *Institute of Applied Meditation*, an international non-profit meditation 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.
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