



PRACTICAL MEDITATIVE TOOLS FOR EVERYDAY LIFE

ART OF THRIVING: Meditative Practices for Grad Students

Wednesdays 5:30 - 6:30 pm, Sept 15 – October 27, seven *ONLINE* sessions

Open to UA grad students (and partners, housemates & friends they invite)

Sponsored by UA Counseling & Psych Services (CAPS)

Facilitated by Bonnie Colby, UA Professor & Lori Harger, Psychiatric Nurse Practitioner

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

Learn *Heart Rhythm Meditation* and other on-the-spot practices to support well-being & deal with stress. We offer practical meditative skills, grounding ourselves in seeing, hearing, breath & heartbeat to facilitate nervous system balance.* 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; learning, creativity, interactions, responses to attractions & aversions, choices in work and play ...

* Nervous system balance (assessed through vagal tone & Heart Rate Variability) is linked to our cognitive, emotional and physical health, our capacity to connect and our ability to rebound from stress.

Zoom Link: <https://arizona.zoom.us/j/83222243215?pwd=b1IKUU15UWhCaXdDK3dTZ3hGRzVRQT09>

Zoom Room: 83222243215 **Password:** 121191

We may not be able to tame wind and waves, but we can learn to sail.

About the Facilitators:

Lori Harger is a psychiatric nurse practitioner practicing holistic mental health care. She discovered a love for meditation nearly 30 years ago and regularly pursues advanced training with the *Institute for Applied Meditation*. *Heart Rhythm Meditation* is central to her work in supporting patients, collaborating with colleagues, and caring for herself. She is passionate about applying heart-centered solutions to the problems we face at the individual and collective level.

Bonnie Colby became intrigued with the nervous system through decades of work on cross-cultural water & environmental conflicts. Dr. Colby was introduced to meditation in her teens and has four decades of immersive training in western and eastern meditative practices. Prof. Colby has taught meditation classes over 18 years for UA Honors College, Campus Health, Tucson Community Meditation Center and the broader public. She focuses on meditative practices that aid nervous system regulation, is certified in Dr. Porge's *Safe & Sound Protocol* to assist nervous system balance, and designs her classes to meet *trauma-informed* meditation guidelines. Prof. Colby serves as teacher, mentor and retreat guide in the *Institute of Applied Meditation*, an international non-profit organization.

Questions? Contact Professor Colby at bcolby@email.arizona.edu