



APPLYING PRACTICAL MEDITATIVE TOOLS IN EVERYDAY LIFE

The Art of Thriving: Meditative Practices for Getting Along

**Wednesdays 5:30 - 6:30 pm, Feb 10 – March 31, 8 classes
MEETING ONLINE**

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 getting along with others, collaborating despite differences. Improve relationships with housemates, family, advisors, colleagues, or anyone. We offer practical meditative skills that enhance our nervous system balance and lay the groundwork for understanding and cooperation. We deepen ease within our own nervous system, cultivating an internal *home base* from which we can express ourselves clearly, listen to others and problem-solve together. Practicing together, we expand our capacity for constructively addressing interpersonal challenges. A thriving, balanced nervous system enhances all life experience; learning, relating, creating, making choices in work & 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/82306353973?pwd=bTk4bTVVeGk0N1FtaStPb2RhZXYxdz09>
Password: thriving.

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

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* skills are 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. She was introduced to meditation in her teens and has four decades of training in western and eastern meditative practices. Bonnie has taught meditation classes over 18 years with the 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. Bonnie serves as teacher, mentor and retreat guide in the *Institute of Applied Meditation*, an international non-profit organization.