



CALM
CENTER
Contemplative Arts,
Learning & Meditation

Offerings

Spring/Summer/Fall 2026

Meditation Session

A meditation teacher will lead participants in a guided meditation. Meditation can be supportive in cultivating presence and engagement, and can provide a sense of calm and resiliency. Options include: Mindfulness, Gratitude Meditation, Lovingkindness Meditation, Body Scan Meditation, Zen Meditation, Breathing Exercises, Writing Meditation, Art Meditation, Walking or Labyrinth Meditation.

Sound Bath Meditation

Using specialized sound bowl instruments, our practitioner will guide participants into a calm and peaceful state of mind with healing music. Studies suggest sound bath meditations reduce stress, anxiety, and tension, as well as improve mood and focus by promoting deep relaxation, shifting the nervous system out of “fight-or-flight,” and potentially lowering cortisol levels.

Restorative Yoga

A relaxing form of yoga, accessible to all participants who are able to sit and lay on a yoga mat, this practice can be done in work clothing that has some flexibility. Recharge with an inward journey of movements and poses that soothe the nervous system and stimulate the natural healing response.

Participatory Singing/Chanting Meditation

Chanting, a form of singing, is a way to both focus the mind and engage in a breathing practice without needing to focus on the breath, allowing for a more easeful meditation. An experienced harmonium player leads this practice designed to encourage stress relief, focus, and self-expression.

Create Your State

An immersive self-care experiential session to shift out of stress and into a calm, clear, empowered state. Learn to use breathwork and proven neurological programming techniques to support nervous system regulation, mental clarity, and emotional well-being. Facilitated by Melissa Russo, Master NLP Practitioner and Hypnotherapist with over 20 years of experience.

Available for your UCB group.
In-person, remote and hybrid options.

calm@colorado.edu

colorado.edu/health/calm



Employee Health and Well-Being
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Ear Seeding

Participants will receive individually placed ear seeds, which are very small seeds with adhesive backing placed on specific acupressure points in the ear for stress and anxiety relief. Placement of the seeds may be done by our UCB acupuncturist or by trained staff. Offered in conjunction with WorkWell and includes a small packet of ear seeds with instructions for self-application.

Contemplative Practice Sampler

Learn what a contemplative practice is and try out a few! We'll begin with a form of self-acupressure that was researched at CU Boulder called ITEAplus. Next try a guided meditation, journaling, and a basic energy practice designed to support participants in staying self-connected and resourced.



ITEAplus Self-Acupressure

UCB researcher Dr. Theresa Hernández or one of our trained staff will demonstrate self-acupressure using ITEAplus (Individualized Training and Education in Acupressure), a proven tool to decrease stress, increase relaxation, and improve memory and attention.

Contemplative Pedagogy: How to bring meditation or contemplative practice into your classroom

Are you a faculty member interested in bringing meditation or other contemplative practice into your classroom? This presentation is intended for faculty groups and will be led by current or former faculty.

Emotional Response-Ability®

Learn an effective way of working with challenging emotions. Emotions are generated by our subconscious needs. Positive emotions arise when we are on track to meet our needs; negative emotions arise when we are not. When we connect our emotions with the corresponding needs and learn to interpret our emotional signals as a cue to attend to these needs, we can transform stress into creativity, conflict into collaboration, and blaming into ownership.



Thriving Through Change

This session is an invitation to transform our relationship with change — to rediscover our innate capacity not just to endure it, but to grow, evolve, and expand through it. Participants will gain tools for adaptive thinking, resilient leadership, and forward-looking strategizing. Rebecca Reynolds, a 2025 Health & Wellness Summit keynote speaker, will share key insights and practices for thriving in change.

Ayurvedic Wellness

Ayurveda is an ancient holistic system of wellness originating from India and is based on the principal of supporting the body's own natural healing ability. This session will include: Understanding your body type: Vata, Pitta, Kapha; Eating for your body type; and Exercising to connect mind and body.

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