Leslie Langbert is the Executive Director of the Center for Compassion Studies in the College of Social and Behavioral Sciences at the University of Arizona. Her work focuses on advocating for the expansion of compassion education, research on the impact of cultivating compassion, and adapting Cognitively-Based Compassion Training (CBCT) to diverse audiences, including Native American communities and youth in foster care. She is a clinical social worker (licensed in FL), with more than 15 years’ experience in both direct service and administration working with children, youth and families. Leslie is also a yoga and meditation instructor at Miraval Resort and an instructor of Cognitively-Based Compassion Training for research interventions in universities around the country. She holds Bachelor of Science (Sociology and Psychology), and Master of Social Work degrees, both earned from Florida State University. When she’s not actively seeking ways to support others to develop their innate capacity for greatness, she can be found hiking trails around Tucson, making medicine from local medicinal plants, or practicing yoga.

Managing Stress Mindfully
This experientially-based lecture introduces participants to awareness of the physical, emotional, and mental impacts of stress, and includes an introduction to a variety of practices and techniques to mindfully manage stressful situations, and create mindful lifestyle habits. The session includes information regarding the physiology of stress, findings from neuroscience of meditation, and instruction in brief vipassana meditation, guided visualization, mindful eating, breathwork, and daily informal approaches to mindful living.

Introduction to Mindfulness Practices Offered over the course of 6 weeks, each class may be taken on its own, or as a full series, as each session further bolsters practice and supports previous learnings. Included in this series are introductions to both formal and informal mindfulness practices designed to support overall well-being. Sessions include instruction focused on sitting and walking meditation, body scan, mindful eating, mindful communication, and development of informal ways to incorporate mindfulness in all daily activities.

Yoga Nidra
This guided deep relaxation practice is an evidence-based method from the ancient yoga tradition which supports the body’s natural ability to regenerate and heal, as well reduce stress. During yoga nidra, the body is in relaxed stillness while the mind remains alert. The practice fosters exploration of different areas of the mind, including consciousness, subconscious and super-consciousness through a guided process. During the experience, participants relax the body in traditional ‘savasana’ similar to the end of a yoga session, and are guided through a visualization and sensory journey by the facilitator. Yoga nidra is a rejuvenating deep relaxation practice that can be ideal for students who require great stamina to stay up late and maintain focus to complete work. The ability to remain deeply relaxed while in a state of alert awareness has many therapeutic benefits for the mind and the body, and is one of the key tools in the development of self-awareness.

See our registration page for registration and more information!