



uf mindfulness

Newsletter.

October 2025 Edition

What makes a university kind, compassionate and caring? It is the people.

UF has been [ranked](#) at No. 1 among 100 U.S. colleges and universities, public and private. The ranking takes into consideration factors such as whether a school has a strong curriculum and rigorous academics, prepares its students to become productive members of society and thriving employees in the 21st-century economy, and encourages respectful discourse.

To flourish, be well and be ranked top is even better. Let's make UF number one in kindness and compassion! Mindful compassion matters to be a person that cares about oneself, others, and community.

The UF Mindfulness program offers a wide variety of trainings, practices and workshops to cultivate mindfulness, compassion and kindness.



Please Call Me By My True Names



Don't say that I will depart tomorrow —
even today I am still arriving.

Look deeply: every second I am arriving
to be a bud on a Spring branch,
to be a tiny bird, with still-fragile wings,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
to fear and to hope.

The rhythm of my heart is the birth and death
of all that is alive.

I am the mayfly metamorphosing
on the surface of the river.

And I am the bird
that swoops down to swallow the mayfly.

I am the frog swimming happily
in the clear water of a pond.
And I am the grass-snake
that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks.
And I am the arms merchant,
selling deadly weapons to Uganda.

I am the twelve-year-old girl,
refugee on a small boat,
who throws herself into the ocean
after being raped by a sea pirate.

And I am the pirate,
my heart not yet capable
of seeing and loving.

I am a member of the politburo,
with plenty of power in my hands.
And I am the man who has to pay his
“debt of blood” to my people dying slowly
in a forced-labor camp.

My joy is like Spring, so warm
it makes flowers bloom all over the Earth.
My pain is like a river of tears,
so vast it fills the four oceans.
Please call me by my true names,
so I can hear all my cries and my laughter at once,
so I can see that my joy and pain are one.

Please call me by my true names,
so I can wake up,
and so the door of my heart
can be left open,
the door of compassion.

~Thich Nhat Hanh



Art & Mindfulness at the Harn Museum



Join us for mindfulness compassion meditation practices at the Harn Museum of Art. The **in-person practices** are facilitated by members of the UF Mindfulness team. Docents of the museum will facilitate slow viewing of beautiful art objects.

Sessions are FREE of charge and open to the general public and the UF community.

Sessions (Saturdays, 10-11 am):

- *Oct. 25: Oceans of Love: Deepening our Compassion with Sabine Grunwald.*
Registration link.

Last session in the season!



Image: Seated Bodhisattva.

Artist Unknown Korean Artist 작자미상 作者未詳, Date Joseon Dynasty (1392-1910), 17th century. Made/manufactured in Korea, Asia. Medium wood with gilt. Original sutra pages were found within the body cavity of the sculpture. Credit Line Museum Purchase, Gift of Michael and Donna Singer, Object number 2008.20. The Samuel P. Harn Museum of Art.

HARN MUSEUM OF ART

Exhibitions

Exhibitions are drawn from Harn collections as well as loans from both private lenders, artists, and other art museums.

[Link to current exhibitions at the Harn](#)



Nature Walk

NATURE WALK

Cultivating Awe,
Compassion,
and Well-being



OCTOBER 30, 2025
5:45 - 6:45 pm EDT



UF FIELD & FORK FARM AND GARDEN
1062 Museum Road
Gainesville, FL 32603

Take a mindful stroll through nature as we explore practices from shinrin yoku, forest bathing, to awaken the senses and nurture awe, compassion, and well-being.

Guided Mindfulness Walk
with Nina Stoyan-Rosenzweig

Sunset experience
at Lake Alice

Free & open to all
Weather dependent

Optional bat-watching
after the session



uf mindfulness

[Registration link](#)

360° Mindfulness Workshop

UF Mindfulness Workshops, Fall semester '25

The 360° Mindfulness practice series runs from Sept. 8 to Dec. 1 on Mondays (5:30 to 6:30 pm). All compassion, love and mindfulness sessions are online in Zoom. Novice and advanced mindfulness practitioners are welcome to attend – UF students, staff, faculty, and others.

Register for the whole fall '25 semester series and you will receive weekly emails to remind you of the upcoming session with details of the session content. A Zoom link will be send to you via email on the day of the event.

Sessions are free of charge. Donations to the UF Mindfulness fund (via the UF Foundation) are greatly appreciated to keep our efforts moving forward.

Contact info: Kim Holton, Associate Director UF Mindfulness, Teaching & Practice. Instructional Associate Professor. Email: mkholton@ufl.edu



Meditate as light as the
wind, and smooth like a
gentle ocean wave.

**Register for 360°
Mindfulness**



Being mindful-present in 360-degree
panoramic view.

360° Mindfulness Workshop

UF Mindfulness Workshops, Fall semester '25

Register for 360°
Mindfulness

Remaining sessions of the 360° Mindfulness Program in fall semester:

Oct 27. Mindful Mandala Meditation with Maria Leite

Nov 3. Gentle Practices for Stability in Challenging Times with Carol Lewis

Nov 10. Experiencing Self-Love through Letting Go with Angie Winn

Nov 17. Awe and Belonging in Nature with Nina Stoyan-Rosenzweig

Nov 24. Holiday

Dec 1. Musical Mindfulness: Compassionate Chords and Lyrical Love with Emi Lenes



Collaborative Work Created in 360° Mindfulness Series

Enjoy a work of collaborative by attendees while exploring beauty as a pathway to love with Eleanor Seigler.

Follow me my inner child...there are things that I have learned that I will love to share with you so
we can grow through what we go through together...

It takes courage to be vulnerable.

It can be easy to forget all the times in your life when you were brave.

Your gifts will make their way to you. It just takes you being yourself to accept them.

Qualifiers- always minimized
Aren't gifts all large?
A thought, a gesture, a generosity
Those are all huge when our capacities are diminished
I find myself wondering
Gifts. Gifted. Gifter.

Carefree free flowing, nowhere to go, just flowing, such a delight.
Freedom and release.

Like flight, it is a process, there are mechanics, but it is so much more.

Water is an excellent source of energy that brings me a sense of stillness.
A small gift.

The words that came up for me today are courage, structure, support, hope.

Each word feels like an anchor. Courage reminds me to open. Structure holds me steady. Support
reminds me I am not alone. Hope reminds me that change is possible.

This is the in-between space where the story is simultaneously between written and read. The
multitudes of memories and the things that have yet to happen. Strung stories being projected
downward from elsewhere and upward from within.

Find your way to the one that is you.

**Register for 360° Mindfulness
Monday nights, 5:30pm-6:30pm**

MINDFUL LIVING

**A COURSE ON SPIRITUALITY
FOR EVERYDAY LIFE**

MHS 4763

TUESDAYS, 4:05 – 7:05 PM

SPRING 2026

**LOOKING FOR MORE HAPPINESS, CALM, PEACE,
AND PURPOSE THROUGH RESEARCH
PROVEN PRACTICES?**



**FOR MORE INFORMATION CONTACT
RALEMAN@UFL.EDU**

Courses sponsored by UF Center for Spirituality & Health

Lunchtime Yoga for Faculty and Staff

Join Kim Holton, Ph.D., instructional associate professor for the Department of Health Education and Behavior, every Tuesday from 12:15 to 1 p.m. in the Ustler Hall Atrium. If you would like to be added to the Tuesday Yoga listserv, please email mkholtan@ufl.edu.

No registration is necessary. All classes are free to UF and UF Health employees. Before attending, you MUST complete our online waiver. You only have to do this once.

URL for text “online waiver” above: https://ufl.qualtrics.com/jfe/form/SV_czOvhL4JnLGOqns



Spring 2026 Course Offerings

MINDFUL LIVING MHS 6765:

THE EVIDENCE-BASED PATH TO WELL-BEING

With DR. CORRINE BUCHANAN, LMHC, LMFT, NCC, CERTIFIED MIEA TEACHER

Tuesdays, January 12 – April 21

4:05-7:05 PM EST

Norman Hall, University of Florida

Register for MHS 6765 by January 16th.



“Mindfulness has given me a toolkit to manage my stress.”

Katherine Zhang, English & Economics Major, MIEA student

Self-Compassion Can Ease Stress

When stress builds, we often turn to self-criticism or avoidance. But research shows that self-compassion—treating ourselves with the same kindness we’d offer a friend—helps us cope more effectively. People who practice self-compassion use healthier strategies, like problem solving and seeking support, and experience less stress over time.

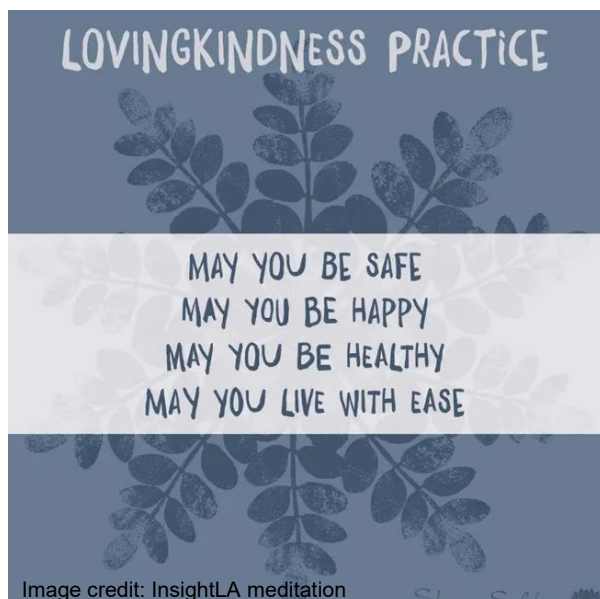
Next time you feel overwhelmed, pause and ask, “How can I treat myself with the same kindness I would offer a friend?”



Expanding Compassion Through Meditation

Compassion meditation invites us to extend care step by step: first to someone we love, then to ourselves, to a neutral person, to someone we find difficult, and finally to all beings. Practiced regularly, it can expand empathy, reduce stress, and strengthen well-being.

As you breathe, try silently repeating:
May you be free from suffering.
May you feel joy and happiness.
Notice how your heart responds.
This loving-kindness meditation
lays the ground for the practice of
compassion.



Poem On Fear

*It is said that before entering the sea
a river trembles with fear.*

*She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and
villages.*

*And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear
forever.*

*But there is no other way.
The river can not go back.*

*Nobody can go back.
To go back is impossible in existence.*

*The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.*

Khalil Gibran

Introduction to Meditation Workshop

You are invited to join Ayya Marajina at Karuna Cottage in Gainesville on Nov. 4th or Dec 2nd at 6 pm for a 90-minute workshop to get you started in meditation or to refresh your practice. Donation of \$10 to support Karuna Cottage. Her teachings are free. Contact nancylassester@gmail.com to register, limited seating. 3215 NW 17th Street Gainesville, Florida.

Intro to Meditation with Mārajinā Bhikkhuni

Join Ayya Mārajinā for a rare opportunity to learn the basic principles of Vipassana meditation with a fully ordained Buddhist nun



Two options for beginners
at Karuna Cottage
3215 NW 17th Street

Tuesday, Nov 4th or
Tuesday, December 2nd
6:00 - 7:30 pm

Contact nancylassester@gmail.com
to register

Join us as we come together in peace on the last Saturday of each month for our Gainesville Community Sit. We meet from 9 – 10 am at the Thomas Center NW lawn. Bring a chair or blanket. A meditation teacher leads a 20 min. guided meditation, a 10 min. walk and then another 20 min. sit. We collect non-perishable food items for the Bread of the Mighty Food drive. This is a free offering .

PEACE STARTS HERE

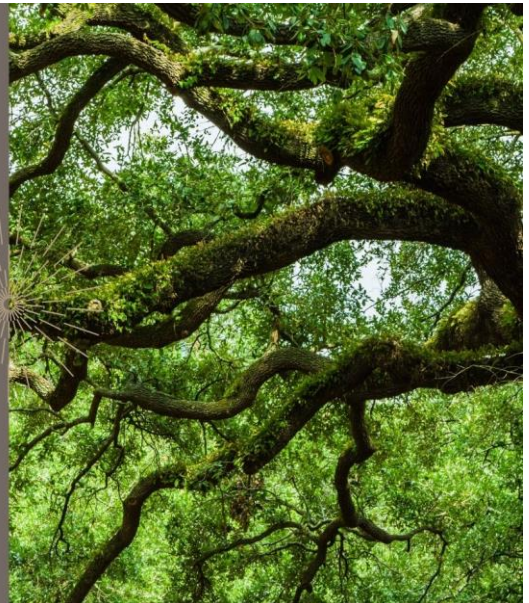
GAINESVILLE MONTHLY COMMUNITY SIT

Saturday 9am
October 25th
Thomas Center Lawn

Led by Nancy Lasseter of Karuna Cottage

Sponsored by Gainesville Buddhist Alliance

Please bring non-perishable food
for the Bread of the Mighty Food bank



Creativity & Movement Events

Nia

Fun, easy-to-follow, creative movement to music, inspired by dance, martial arts, and mindfulness.

Fee: \$10–\$20 suggested donation

Where: Thomas Center Gardens, lawn by the main fountain (outdoors). In case of rain/extreme weather, location may change, or class may be cancelled.

When: Sundays, 10–11 AM
Wednesdays, 12–1 PM

**No class on Nov. 2, Nov. 30, Dec. 21, and Dec. 28*

**Georgia subbing on Oct. 26*

SloMo

Slow movement flow and meditation. Gentle practice for balance, flexibility, strength, and inner peace.

Fee: \$10–\$20 suggested donation

When: Saturdays, 10–11 AM: Oct 11, and Nov. 15

Where: Home studio in the Duckpond Neighborhood (address upon RSVP, 3 mins from the Thomas Center).

Register: RSVP by [email](#) or text to **(650)-796-9956**

Sacred Circle w/ Joanna Vajda & Sarit Sela

When: Sunday, Nov. 2, 10 AM – 4 PM (*instead of the regular Nia class*)

What: A full-day retreat including movement, art, sound bath, and meditative yoga in a beautiful natural setting.

Where: Sound Awake Collective Studio & Farm, Newberry, FL

Fee: Register by Oct. 15: \$125; after: \$145

Register: [Link](#)

Facebook event: [Link](#)

Creativity & Movement w/ Sarit: Shapes in Nature

When: Saturday, Dec. 6, 2–5 PM

What: A 3-hour workshop blending movement, journaling, and intuitive art-making, rooted in the wisdom of nature.

Where: My home studio in the Duckpond Neighborhood (address up on RSVP).

Fee: \$65

Register: RSVP by email or text

Facebook event: [Link](#)

Greater Gainesville International Center (GGIC)

Why

When stress builds, we often turn to self-criticism or avoidance. But research shows that self-compassion—treating ourselves with the same kindness we’d offer a friend—helps us cope more effectively. People who practice self-compassion use healthier strategies, like problem solving and seeking support, and experience less stress over time.

Next time you feel overwhelmed, pause and ask, “How can I treat myself with the same kindness I would offer a friend?”

Why Support GGIC?

The Greater Gainesville International Center serves as a vital bridge for international students, scholars, and families in our community. Through their programs and services, GGIC helps newcomers navigate life in Gainesville while enriching our entire community through cultural exchange and understanding. From refugee resettlement, to basic services like healthcare and education navigation, to cultural celebrations, GGIC is the hub for all support for our local international and immigrant community. To learn more about our mission and impact, please visit the following links: [GGIC Website](#); [2024 Impact Report](#)

Our Goal

We've set an ambitious goal to raise **\$50,000** for GGIC through this campaign. Your contribution, no matter the size, will directly support GGIC's mission and the international members of our community.

How to Give

Participating is easy and convenient: [Visit our giving page](#) to learn more ,or the [UF Giving Portal](#) if you are ready to give!



+



Support GGIC through the UFCC

Greater Gainesville International Center (GGIC)



SPONSORED BY RESTAURANT DEPOT
Global Beats, Eats, Arts and Health Fest

INTERNATIONAL FESTIVAL

HOSTED BY THE
GREATER GAINESVILLE INTERNATIONAL CENTER

Bo Diddley Plaza
Nov 8th 2025
10am-5pm

FREE HEALTH CARE

FOOD FROM MORE THAN 8 INTERNATIONAL CHEFS

**MUSIC & DANCE PERFORMANCES FROM AROUND THE
WORLD**

INTERNATIONAL ARTISTS



Engage in Compassion Meditation Research



Center for
**APPLIED
CONTEMPLATIVE STUDIES**

COMPASSION MEDITATION RESEARCH STUDY

Earn A \$50 Amazon Gift Card!

**THINKING THAT MEDITATION IS
JUST ABOUT “RELAXING”**



**KNOWING THAT MEDITATION
CONNECTS US WITH OURSELVES
AND THE UNIVERSE**



SCAN ME!



Receive meditation training
from skilled facilitators



Meets via Zoom on
Wednesday, 10/29, 11/5, 11/12,
& 11/19 from 6:00 - 7:15pm MST

Questions?

Contact
Dr. Tian: lu.tian@unco.edu or
Dr. Kimball: michael.kimball@unco.edu

UF Mindfulness Resources

<https://www.ufmindfulness.org>



About Teaching & Practice Connect Resources

*Enhance Your Happiness, Health,
and Well-being.
Practice Mindfulness. Meditate.*



Connect to UF Mindfulness on Social Media

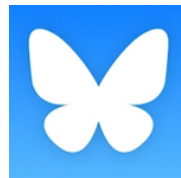


<https://www.ufmindfulness.org>

Email: mindfulness@ad.ufl.edu



<https://www.facebook.com/MindfulnessUF>



BlueSky:

<https://bsky.app/profile/ufmindfulness.bsky.social>



<https://www.instagram.com/ufmindfulness/>



<https://www.youtube.com/channel/UCKakiiQwqpoTL1XlgZ28mQQ>

Upcoming newsletters: If you like to include an announcement, event, activity, poem, contribution in the domain of mindfulness, health, wellbeing and wellness please send it to mindfulness@ad.ufl.edu (submissions in native graphic format, text, complete URLs, bar codes, pdf format are welcome).