

UF Mindfulness News

January 2023



uf mindfulness



360° UF Mindfulness Practice Spring Semester 2023

Recurring online mindfulness practice group at UF open to faculty, staff and students and the community

Meet like-minded mindfulness practitioners, learn about mindfulness meditation and mind-body practices in 360° fashion, and calm and relax your mind. Come with a beginner's mind - novice and senior mindfulness practitioners are welcome.



The sessions are in Zoom every Monday from 5:30 to 6:30 pm U.S. Eastern time in spring semester from January 23 to May 1, 2023.

[Register](#) for the whole spring semester 360° Mindfulness Workshop and receive the Zoom link. You may attend only one of the Monday sessions or all of them. Bring a friend or colleague to mindfulness practice.

Program schedule:

Jan 23: AI, Spirituality, Humanity, Wisdom and Mindfulness Practice with Sabine Grunwald

Jan 30: Sensing into the Moment with Carol Lewis

Feb 6: The Seven Factors of Awakening in Meditation & Life with Paul Linn

Feb. 13: Our True Basic Nature & What Appears to Obstruct It with Paul Linn

Feb 20: Slow Looking with Art from the Harn with Allysa Peyton

Feb 27: A Deep Dive Meditation with Sabine Grunwald

Mar 6: Interpersonal Mindfulness: Relationship Remedies with Emi Lenes

Mar 13: No session, spring break

Mar 20 Qigong with Nancy Lasseter

Mar 27: Befriending Yourself with Trish Magyari

Apr 3: Yoga Nidra with Kim Holton

Apr 10: Introduction to Zen: Practice and Principles with Shana Smith

Apr 17: Introduction to Zen: What are Koans? with Shana Smith

Apr 24: Mindful Living Practices for Non-Meditators with Ana Puig

May 1: (in-person session) Dynamic Yoga & Group Meditation with Yao-Chin Wang and Kim Holton (Florida Gym Room 235)



Walk & Reflect on Healing in Nature

A guided nature walk and writing activity to reflect on healing in nature.

Date and time: Wednesday January 25, 2023, 5:15 PM – 6:00 PM EST.

Location: Baughman Center 982 Museum Road Gainesville, FL 32603.

Details at: <https://www.eventbrite.com/e/walk-reflect-on-healing-in-nature-tickets-514174077507>

We will stroll around the Baughman Center and Lake Alice, explore the area, find wildlife, and use approaches from shinrin yoku—forest bathing—to relax in nature. The session will conclude with a reflective writing activity that encourages developing your own practice in safe natural areas. This session will end at sunset, providing a perfect opportunity to stay to watch the bats at the UF Bat Houses after the session. This offering is free and weather dependent. Parking is available at the UF Bat Houses.

Facilitator and Guide: Nina Stoyan-Rosenzweig.



Experiencing Mindfulness During Sunset

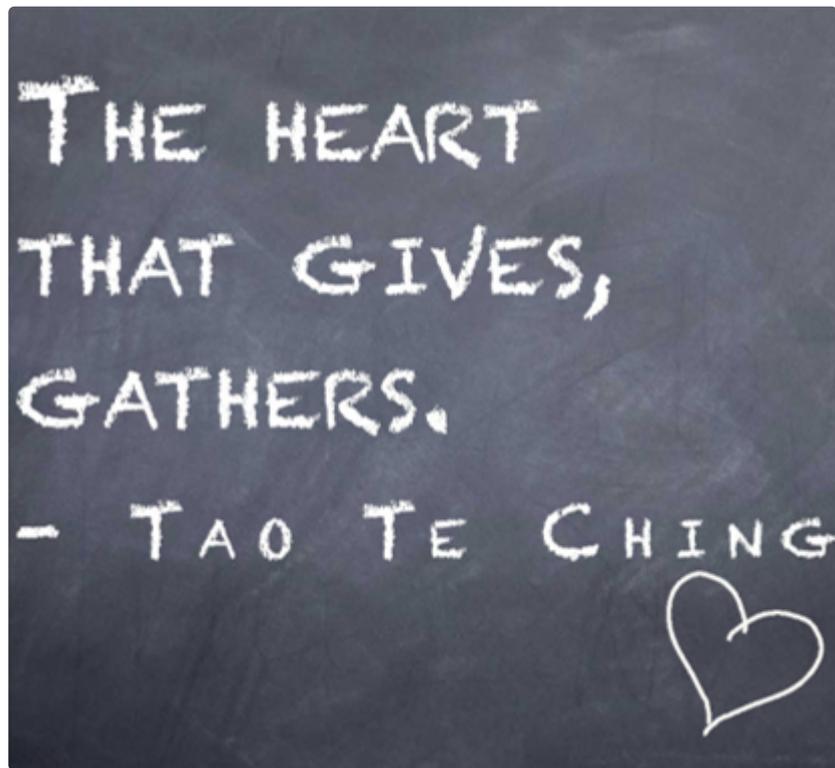
Together we will practice connectedness with nature-based mindfulness activities at Lake Alice across from the bat houses. UF Mindfulness, in collaboration with the UF CWC, is offering this workshop (weather permitting).

Learn anxiety reduction and peace-bringing practices!

When: Thursday February 2.

RSVP: bit.ly/EMS-S23

Teachers: Emi Lenex and Dowon Choi.



UF Giving Day is February 16

Give wholeheartedly to support building a mindful UF campus community:

<https://www.ufmindfulness.org/support-uf-mindfulness>

Generosity of giving is a practice to open our hearts to what we value. Giving brings joy to the one who gives and the ones in the community who benefit from mindfulness practice, trainings, events, and workshops. Mindfulness matters!

UF Mindfulness Education and Research Fund



Art piece above: Chinese, Seated Guanyin, 15th-16th century, bronze, gift of Dr. and Mrs. David A. Cofrin



Art and Mindfulness Spring 2023

Join us for mindfulness meditation practice at the [Harn Museum of Art](#).

The in-person practices are facilitated by members of the [UF](#)

[Mindfulness team](#). Each session focuses on the practice of mindfulness touching a deeper way of knowing yourself, others, and the world. The

sessions also invite participants to marinate in the present moment and enjoy select art pieces of the museum.



Register for the sessions:

Saturday, January 28, 2023 10-11 am, Jan Snyder, A Fresh Look: Seeing with Our Wisdom Eye

<https://www.eventbrite.com/e/488164843187>

Saturday, February 18, 2023 10-11 am, Carol Lewis, Stilling the Mind, Opening the Senses

<https://www.eventbrite.com/e/504185421167>

Saturday, March 18 2023 10-11 am, Sabine Grunwald, Cosmic Dance of Life and Doing Laundry

<https://www.eventbrite.com/e/506449944417>

Saturday, April 29, 2023 10-11 am, Kim Holton, Sound and Silence

<https://www.eventbrite.com/e/506455260317>

Saturday, May 13, 2023 10-11 am, Trish Magyari, Coming to Your Senses

<https://www.eventbrite.com/e/513268930187>



"As we willingly enter each place of fear, each place of deficiency and insecurity in ourselves, we will discover that its wall are made of untruths, of old images of ourselves, of ancient fears, of false ideas of what is pure and what is not." --- Jack Kornfield



Still time to Join! Engage in Creating a Diverse Student Community Engaged in Mindfulness

Do you want to be involved in the conversation about Mindfulness at UF? Do you have ideas or suggestions to help improve Mindfulness Programming at UF? If so, come join the UF Mindfulness Student Development Committee!

We are looking for new members for the [Student Development Committee](#). The group meets about once a month during the semester and all students at UF are encouraged to join. Students with any amount of mindfulness experience are welcome. If you are interested in getting involved, have questions about the Student Development Committee or what involvement would look like, reach out to Student Development Associate Director, Jen Kennymore at jkennymore@ufl.edu.



"We can gradually drop our ideals of who we think we ought to be, or who we think we want to be, or who we think other people think we want to be or ought to be." --- Pema Chödrön

Feeling anxious
right now?



Reflections of a Gentle Soul

I am anxious
I feel anxious
Anxiousness

I cannot stand it!

Breathe in, breathe out

What do you want from me?
Hello stranger, anxious friend
I know you well
Welcome friend, you are my teacher

Breathe in, breathe out

I dreamt of an anxious antelope
Jumpy hearing a tiny sound
The beautiful antelope turned around
and looked back into her face
I AM OKAY
My heart gentle like sweet honey
My body fast as the wind
My mind soft and open

Breathe in, breathe out

Am I really anxious right here and now?



45 Tools and Resources for Student Mental Health

Resources at: <https://www.ireviews.com/student-mental-health/>

Mindfulness Meditation and Wellness Practices at UF

- UF Mindfulness Program: <https://www.ufmindfulness.org/>
- UF GatorWell: <https://gatorwell.ufsa.ufl.edu/services/mindfulness/>

- UF Counseling and Wellness Center (CWC) – Workshops & Events: <https://counseling.ufl.edu/outreach/workshops/>
- UF HR: <https://wellness.hr.ufl.edu/resources/toolkits/emotional-wellness-toolkit/uf-resources/>
- Arts in Medicine – UF Health: <https://artsinmedicine.ufhealth.org/>



Qigong Practice

Gentle Movement Mindfulness Practice

When: Tuesdays at 11:30 am. 30 minutes.

30 minutes is not a great sacrifice for one's health, in fact, I like to think of it as an investment. Our bodies are doing their best to keep going with energy and zest for life. But we need to help our bodies stretch and lengthen and energize and can do this fairly simply. And it's actually fun!!

Join Nancy Lasseter and see how it feels for you.

Here's the weekly recurring link: [QigongTuesday11:30-Noon](#)

Nancy Lasseter, M.Ed.,Ed.S.,
Licensed Mental Health Counselor
Wellness Educator
UF Shands Arts in Medicine, Integrative Therapies

Guided Meditation Practice

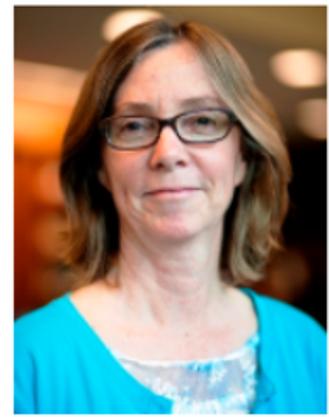
Taking a few breaths and letting go of the hurried and worried mind, we can better appreciate that we are still here on this beautiful planet. We can recharge and move peacefully into the next moment, the

next action that we take, the next decision that we make. We can share this calm and peacefulness with those in our circle, and do what we are able to do to make a difference in the world. Sounds so simple....that's why we need practice!

Join Nancy on Mondays for 30 minutes [guided meditation](#):

Nancy Lasseter, M.Ed.,Ed.S.,

Licensed Mental Health Counselor
Wellness Educator
UF Shands Arts in Medicine, Integrative Therapies



Yoga for Faculty and Staff

Faculty and staff free, **lunchtime yoga classes** appropriate for all levels of experience in spring semester. No registration is necessary. Please bring your own mat if you have one.



Classes meet weekly starting September 6th as follows:

- Monday from 12:15 – 1:00 pm in Smathers Library, Room 100
- Tuesday from 12:15 – 1:00 pm in Ustler Hall's Atrium (second floor)

If you would like to be added to the UFHR yoga listserv, please email mkholton@ufl.edu.

Contribute to the Next UF Mindfulness Newsletter

Submit an announcement, event, or writing piece to be published in the next UF Mindfulness newsletter. Send material to mindfulness@ad.ufl.edu.



UF Mindfulness Program

Facebook @Sacred_swamp

Web site: <https://ufmindfulness.org/> or <https://mindfulness.ufl.edu>

mindfulness@ad.ufl.edu

ufmindfulness.org/

