

# Workshop Mindfulness and Social Change

J. Wayne Reitz Union, Room 2355  
 April 2, 2019 (9:00 am to 12:00 pm)

<https://mindfulness.ufl.edu> |  
[mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu) |  
<https://www.facebook.com/MindfulnessUF> |  
 Twitter: @sacred\_swamp.

Join us to practice mindfulness in daily life. We will enjoy sitting and walking meditation together, tea meditation, and dharma sharing about engagement with mindfulness and social change.

## Pre-register for the workshop at:

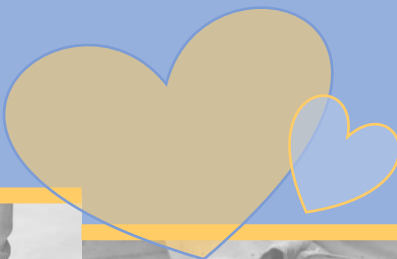
<https://mindfulness.ufl.edu/index.php/events/md2019-workshop/>

**Costs:** One heartfelt moment & a smile. Donate at <https://mindfulness.ufl.edu/> or offer a random act of compassion.

## Mindfulness Meditation Practice

9:00 am – 11:30 am:

Sitting meditation, Q&A, tea & cookie meditation, and dharma sharing.



## Love in Action Walk

11:30 am – 12:00 pm:

The “Love in Action Walk” – Practical daily acts of socially engaged mindfulness. Walking meditation outside in the area of the Union Lawn in proximity of the Reitz Union.



**Workshop Teacher: Marisela B. Gomez** is a community activist, author, public health professional, and physician scientist. She received a B.S. and M.S. from the University of New Mexico in Albuquerque, a Ph.D., M.D., and MPH from the Johns Hopkins University.



As a social activist she has addressed issues of racism, segregation and community development, discrimination, and violence. Get to know her Tedx talk: <https://www.youtube.com/watch?v=kSZEspnhIXg>. Her activism and social engagement are informed through inner development grounded in meditation practice. She is ordained in the Order of Interbeing in the Buddhist tradition of Thich Nhat Hanh.