



uf mindfulness Newsletter. May 2025 Edition

UF Mindfulness will be on summer break. Stay tuned for mindfulness workshops, trainings, and events in fall semester '25.

Mindful Reflections



When was the last time you felt exuberantly happy?

When was the last time you sang?

When was the last time you surprised yourself?

When was the last time you teared up?

When was the last time compassion touched your heart?



When was the last time you smiled at a stranger?

Mindfulness Spring Retreat

We celebrated the 10-Year Anniversary on April 5



Finding My Center

How Mindfulness Helped Me Reconnect with Myself and others

By Stetson Collins. UF Mindfulness Spring 2025 Intern.



When I first encountered mindfulness, I'll admit — I was skeptical. Like many students, I felt pulled in a hundred different directions: classes, work, relationships, responsibilities, and the constant pressure to "have it all together." It wasn't until my introduction to mindfulness that I truly started to understand the value of slowing down and turning inward. That introduction sparked the beginning of my mindfulness journey, and since then, it has become an essential part of how I navigate both personal challenges and connections with others.

One of the realizations I've had is how often I was out of touch with my body, mind, or heart — sometimes all at once. In those moments, I noticed I felt most out of control, like I was going through the motions without really *feeling* grounded. Mindfulness, especially body-based practices, has helped me gently steer back toward center. Whether it's through mindful movement, deep breathing, or simply pausing to notice physical sensations, I've found these practices offer me the most natural entry point. They allow me to feel a sense of control and clarity, even when life feels unpredictable.

While body awareness has been my strongest connection to mindfulness, I've also grown to appreciate its impact on my relationships. Interpersonal mindfulness — being truly present in conversations, listening without rushing to respond, and recognizing shared human experiences — has deepened my connections with friends, classmates, and even strangers. It's helped me realize that mindfulness isn't just an individual practice; it's also a way of being with others in a more open, compassionate way.

That said, I'll be honest: individual mindfulness still feels like more of a challenge. Sitting quietly with my thoughts can sometimes feel uncomfortable, even restless. But I've come to understand that discomfort is part of the process — and there's a valuable lesson there. Through mindfulness, I've learned to recognize the difference between the kind of discomfort that signals growth and the kind that tips into stress. Mindfulness teaches us to tune into these signals, to explore our edges without pushing ourselves into harm. It's about knowing that we can set boundaries, move at our own pace, and honor where we are in each moment. The same practices that help me tune into my body also gently guide me to be with my thoughts and emotions without judgment. And I've learned that both are deeply connected — when I nurture mindfulness in my body, it naturally supports my mental and emotional awareness too.

Mindfulness has taught me that feeling off-balance doesn't mean I've failed. It's just a signal that I need to pause and recenter. Through this ongoing practice, I've found small moments of peace that ripple into my daily life, helping me respond rather than react, connect rather than withdraw, and most importantly, show myself and others a little more grace.

If you're a student or community member feeling the weight of it all, I encourage you to start small. Tune into your breath, notice your posture, or take a mindful walk. These simple practices have been my anchor, and they just might be yours too.

Mindfulness in the Community



Impressions from the Health Fair at India Fest 2025. Sae Bhavani Subramanian hosted a mindfulness Zentangle workshop on March 22 at the Legacy Park Multipurpose Center in Alachua. Moments of mindfulness, reflection, and joy.

Sae is also offering mindfulness sessions at the Harn Museum Senior Outreach program. Stay tuned for more sessions in 2025.

Student Development & Connection Committee

The inaugural **UF Mindfulness Student Advisory Board** was formed in spring semester. In a competitive process 13 students were selected to serve on the Board. The first meeting of the Student Advisory Board will be held in September in Fall semester '25.

Nia and SloMo Movement & Meditation



Sarit Sela is offering classes that are typically held outdoors at the Thomas Center Gardens in Gainesville:
Nia: Joyful Fusion Movement & Dance – Wednesdays 12–1 PM & Sundays 10–11 AM

SloMo Movement & Meditation – Fridays 12–1 PM
(schedule may vary)

All classes are beginner-friendly, easily adaptable to all fitness levels, and are donation-based.

To RSVP or ask questions, feel free to contact me by text/phone at (650) 796-9956 or email

NiaGainesville@gmail.com.

You can also find updates and event info on the [Nia Gainesville Facebook page](#).

Art & Mindfulness at the Harn Museum

The Art & Mindfulness sessions in spring featured various mindfulness teachers and docents. Sessions included Nia mindful and SloMo movement, setting into open heart and mind, resting in the beauty of acceptance, cultivating curiosity, and somatic meditation and gentle embodied movement.

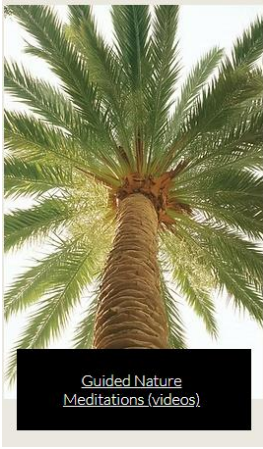


Image:
Indian Artist, 17th
century, Garuda,
the eagle mount of
Visnu, copper alloy,
1990.8.6. Gift of the
Estate of Thomas J.
Needham. Harn
Museum of Art.



Guided Nature Meditations

<https://www.ufmindfulness.org/guided-meditations>



These [guided nature meditations](#) allow to meditate virtually in Florida's beauty of ponds, marshes, forests, prairie, ocean waves and more.

The videos of nature with voice over were produced as part of the research project **"An Artificial Intelligence (AI) Approach to Mindfulness: Immersive Human-Environmental Interactions on Nature Sounds, Natural Destinations, and Guided Meditation"** funded by the UF Informatics Institute Seed Funding (2022-2023). PI: Yao-Chin Wang; Co-PIs: Sabine Grunwald and Sharon Lynn Chu.

Wang, Y.-C., Lu, Y. (Darcy), Grunwald, S., Chu, S. L., Kamble, P., & Kumar, J. (2024). An AI approach to support student mental health: Case of developing an AI-powered web-platform with nature-based mindfulness. *Journal of Hospitality & Tourism Education*, 36(3), 267-289.

<https://doi.org/10.1080/10963758.2024.2369128>



#1 video. Sweetwater weed sky cloud.
Meditation: Focused attention meditation.



#2 video. Loblolly Woods Nature Park, North-spring.
Meditation: Flow of water, flow of thoughts, flow of life.



#3 video. Loblolly Woods Nature Park.
Meditation: Focused attention meditation; open monitoring meditation; pure awareness meditation.



#4 video. Loblolly Woods Nature Park, South.
Meditation: Little spider - interconnectedness.



#5 video. Bluesprings. Pond with fish.
Meditation: Ground yourself - deep relaxation.



#6 video. Loblolly Woods Nature Park, North. Tall trees and nature panorama.
Meditation: Appreciation, gratitude and love.



#11 video. Kanapaha Botanical Gardens. Lotus and fish.
Meditation: Calm abiding of mind - mindfulness meditation.



#12 video. Cedar Key. Egret.
Meditation: The gentle ocean meets sparkles of light.



#13 video. St. Augustine Beach. Sunrise.
Meditation: Uplifting embodied meditation.



#14 video. St. Augustine Beach. Ocean waves.
Meditation: Meditate with ocean waves.



#15 video. St. Pete Beach. Sunset.
Meditation: Present moment.



The Power of Love Summit



In a world where so many of us are feeling disconnected, overwhelmed, or emotionally exhausted, there's one force that continues to offer real healing — **love**.

Not just romantic love, but love as a deep, restorative energy that helps us feel seen, safe, connected, and whole.

That's why **Wisdom for Life** is presenting the all-new 2025 [The Power of Love Summit](#), a 7-day online event exploring how love can heal trauma, mend relationships, build inner peace, and reconnect us to what matters most.

You'll hear from 40+ powerful voices in **psychology, spirituality, trauma healing, conscious relationships and more**, sharing practical tools and soul-level insights to help you bring more love, peace and connection into every part of your life.

Speakers include **Tara Brach, Thomas Hübl, Jack Kornfield, Anne Lamott, Gay and Katie Hendricks, Katherine Woodward Thomas, Terri Cole, Marci Shimoff, Justin Michael Williams, Dawson Church, John and Julie Gottman** and many more...

[Reserve your FREE spot now](#) and join us for this heart-opening event.

This extraordinary group of 40+ Summit speakers will guide you to...

- Heal from past pain **and open to love again**
- Cultivate **deeper self-love** and compassion
- **Strengthen relationships** with your partner, family and friends
- **Break cycles of fear, shame, and emotional disconnection**
- Experience love as **a force for spiritual and collective healing**

Workshops

360° Mindfulness Workshop

This series will continue with weekly mindfulness sessions on Mondays (5:30 to 6:30 pm) in fall semester.

UF Mindfulness



UF Mindfulness Workshops



Art & Mindfulness Workshop

Stay tuned for the fall semester Art & Mindfulness Program at the [Harn Museum of Art](#). The **in-person practices** are facilitated by members of the [UF Mindfulness team](#). Sessions are FREE of charge and open to the general public and the UF community.

Remaining sessions in spring (Saturdays, 10-11 am):

- May 24: Somatic Meditation and Gentle Embodied Movement with Sabine Grunwald. [Registration link](#).

HARN MUSEUM OF ART



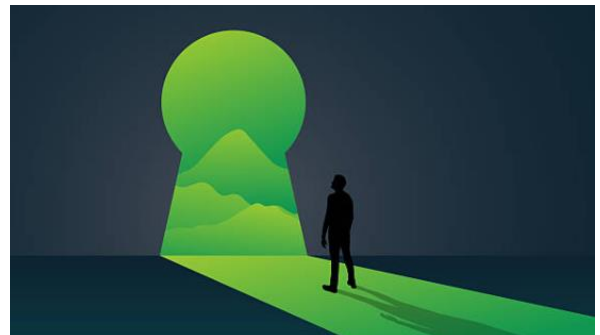
Mindful Moments



"To know what you know and what you do not know, that is true knowledge"
--- attributed to Confucius ---

Haiku

Going to pieces
putting oneself together
surprisingly anew.



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

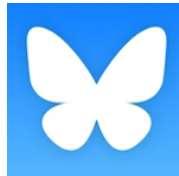


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BlueSky:

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<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).