



uf mindfulness

United Friends of Mindfulness

Newsletter. December 2025 Edition

One thing we can be sure of is that the only constant is change.

It is with deep sadness we inform you that the University of Florida (UF) Mindfulness Program is sunsetting in December 2025 after 10-years co-creating action events and activities, mindfulness meditation trainings, mind-body courses and program series (360° Mindfulness and Art & Mindfulness at the Harn), mindfulness retreats, and more. The UF Mindfulness Program was inaugurated in 2015 and supported by the UF Provost Office that officially recognized our program. In 2016, the UF Mindfulness Program was awarded the UF Champions for Change Award. Since then, the program created profound impact at UF, which is outlined in this newsletter.

Unfortunately, work conditions in the UF ecosystem have changed. Rules and regulations have changed. UF Mindfulness decided to close the program because we recognized that to operate under the current UF branding and business regulations and rules is unsustainable. We had no choice but to close the UF Mindfulness program.



We touched the hearts, minds, and souls of many.

The UF Mindfulness Program was at the height of what can be accomplished with a self-funded mindfulness program serving a large public university, without financial support from UF, except for a small seed grant from the UF Provost Office in 2015. Financial support for UF Mindfulness was provided by the Center of Spirituality and Health, based in the College of Medicine, and donors.

UF Mindfulness was built by volunteer efforts of faculty, staff, and students who co-created a mindful UF community. [Various committees](#) (Teaching & Practice, Research, and Student Development & Connection committee) sustained the program. A thousand thanks to all of you who taught, participated, and volunteered in sustaining the UF Mindfulness Program over the years. You made a difference! You were part of fostering personal and communal flourishing at UF.

UF Mindfulness Program

Deep gratitude goes to the [Core Leadership team of UF Mindfulness](#): Sabine Grunwald, Kim Holton, Ana Puig, and Jennifer Kennymore Royer as well as [team members of UF Mindfulness](#).



Left to right: Ana, Sabine, Jen, and Kim.



Dec 2025,
Social gathering. Bitter-sweet
farewell to the UF Mindfulness
Program

May 2024,
Social gathering of
UF Mindfulness team



UF Mindfulness Program

The values and vision of the UF Mindfulness Program were grounded in human flourishing

You Matter



We Value You



Love and Kindness



bringing forth the good, true, and beautiful in life—vibrancy, passion, and purpose

Good



True



Beautiful

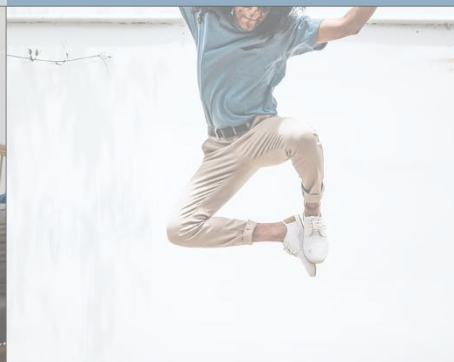


through mindfulness and staying present in the moment.

We See You



Be Yourself



We Listen



UF Mindfulness Program

The values of UF Mindfulness included mindful presence, wellness, wellbeing, health, compassion, authenticity, caring relationships, and personal and communal human flourishing.

Fulfillment



Passion



Success



It's Okay



Lift Up



Move Beyond



Allyship



Nurturing Relations



Together We Can



What's Next?

We are honoring these values and vision. The UF Mindfulness Program will transition into a new form and format external to UF that is open, inclusive, and expansive.

**We are not sunseting UF Mindfulness because we don't care,
we care very deeply about mindfulness,
and it's profound possibilities for a flourishing life,
in a boundless and vibrant ocean.**

Stay Connected!

The listserver of UF Mindfulness to receive newsletters comprises 1,200+ students, staff, faculty and others.



In Transformation

<https://www.integraltransform.com>

 **uf mindfulness**
<https://www.ufmindfulness.org>

This resource-rich website, now renamed to 'United Friends of Mindfulness', will stay operational in 2026.

If for whatever reason you prefer to opt-out receiving future communication from the former UF Mindfulness listserve [click here](#) and send an email with 'Unsubscribe' in the subject list.



New book coming out in 2026!

The book "*Personal and Institutional Transformation in Higher Education through Mindfulness*" (Eds. S. Grunwald, Y.-C. Wang, and A. Puig) will be published in 2026 by Cambridge University Press. Several chapters of the book stem from research and scholarly work performed by members of the UF Mindfulness Program and UF community.

Art & Mindfulness at the Harn Museum will continue in 2026

Join us for mindfulness practices at the Harn Museum of Art. The in-person sessions are inspired by collections at the Harn and facilitated by experienced mindfulness and mind-body teachers. Join for 45 minutes of guided practice followed by an art gallery tour. Sessions are FREE of charge and open to the general public and the UF community. See our Facebook events for more details.

Spring 2026 'Art and Mindfulness' Series (Saturdays, 10-11 am):

Jan 31 Expressive Movement Flow with Sarit Sela

Feb 28 Three Centers Sound Meditation with Kim Holton

Mar 28 Softening into Open Heart and Mind with Carol Lewis



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](#)



Winners of the Best Paper Awards 2025- Congratulations!

Best Paper Awards in Mindfulness — Research Category —



Research category:

1. Lu, Y. (Darcy), & Wang, Y.-C. (2025). Online hosts' storytelling strategies: A narrative analysis of mindfulness-themed Airbnb online experiences. *Journal of Travel Research*, 64(5), 1226–1243.
<https://doi.org/10.1177/00472875241237259>
2. LaMontagne, L. G., Doty, J. L., Diehl, D. C., Nesbit, T. S., Gage, N. A., Kumbkarni, N., & Leon, S. P. (2024). Acceptability, usage, and efficacy of mindfulness apps for college student mental health: A systematic review and meta-analysis of RCTs. *Journal of Affective Disorders*, 367, 951–971.
<https://doi.org/10.1016/j.jad.2024.09.014>

Best Paper Awards in Mindfulness — Conceptual & Experiential Category —



Conceptual category:

1. Grunwald, S. (2024). Critical hermeneutical inquiry: Participatory spirituality, Buddhist modernism, and secularized Buddhism in North America. In B. Flanagan & K. Clough (Eds.), *The Routledge handbook of research methods in spirituality and contemplative studies* (pp. 89–112). Routledge.
2. 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), 267–280.
<https://doi.org/10.1080/10963758.2024.2369128>
3. Grunwald, S. (2025). Bodhisattvas: Personified, idealized, mystified, naturalized, and integral. *Religions*, 16(6)(764), 1–40. <https://doi.org/10.3390/rel16060764>

Retrospection of 10-Years of UF Mindfulness

The UF Mindfulness Program offered workshops, mindfulness practices, and mind-body training sessions fostering personal growth, connecting psychology and emotional skill building, practicing spirituality, and addressing mental health topics.

Workshops and Practice Sessions (2015 to 2025)

<https://www.ufmindfulness.org/workshops>

Art & Mindfulness, a collaboration between UF Mindfulness and the Harn Museum served about **1,575 participants** from the UF community and the general public between Spring 2022 to Fall 2025 semesters (A total of 8 semesters with 4-5 sessions per semester, total of 35 individual training sessions with a range of 25 to 65 participants per session, average of 45 participants per session).

360° Mindfulness Workshop. Informal mindfulness and mind-body practice sessions served about **3,900 students, staff, and faculty** between Fall 2018 to Fall 2025 semesters (A total of 15 semesters, 12-14 weekly individual teaching sessions per semester, with an average of 15 to 25 participants per session).

Other trainings and workshops:

- **Mindfulness Zoom sessions (“Mind Zoom”)** Summer semester 2020, Spring semester 2020
- **Zen Workshop** (Jan. 31, 2021)
- **Workshop Mindfulness and Social Change** (April 2, 2019)
- **Somatic Meditation Workshop**. Embodiment and somatic meditation practices (April 20, 2018)
- **4H Workshop “Change your brain, change your life”** (July 27, 2016)



Retrospection of 10-Years of UF Mindfulness

The UF Mindfulness Program and Team sponsored and coordinated various Special Events at UF (2015 to 2025) <https://www.ufmindfulness.org/specialevents:>

- **Global Human Flourishing @UF Symposium** (April 4, 2024)
- **Concerts & Mindful Moments** (Nov. 14, 2023; Dec. 8, 2022)
- **UF Mindfulness Days** (keynotes, invited speakers, mindfulness and mind-body practice sessions; April 1, 2019, Sept. 25, 2017, Sept. 26, 2016, and Sept. 28, 2015)
- **Day of Peace Celebrations** (Sept. 21, 2019, 2018, 2017, and 2016)
- **Victory over Violence, Exhibition and Campaign** (dialogue in action; empowerment when being bullied, Sept. 2016)



Retrospection of 10-Years of UF Mindfulness

The UF Mindfulness Program and Team sponsored and coordinated various Special Events at UF (2015 to 2025) <https://www.ufmindfulness.org/specialevents:>

Left photo: Mickey Singer, Keynote speaker at the UF Mindfulness Day (2015)



UF Mindfulness tabling event



Mindfulness meditation retreat (2025)



Art & Mindfulness, joyful love and vibrations



Art & Mindfulness, contemplation



Yoga at Field & Fork

Retrospection of 10-Years of UF Mindfulness

The teachers and team members of the UF Mindfulness Program taught numerous mindfulness-oriented courses and trainings at UF (2015 to 2025)

<https://www.ufmindfulness.org/courses-trainings>:

- **Community Wellbeing Mentor Training** (Oct. 21, 2025, April 8, 2025)
- **Training in Mindfulness** (Dec. 2, 2020)
- **6-week Mindful Communication Training** (July 11 to Aug. 15, 2019)
- **6-week Mindfulness-Based Stress Reduction** (Jan. 4-9, 2019)
- **Mindful Body Scan Meditations** (month-long series in April 2016)
- **Unlocking Creativity Through Mindfulness** (Aug. 18, 2015)
- **Mindfulness Wave** (multiple mindfulness training sessions in 2015 and 2016)

The teachers of the UF Mindfulness Program taught numerous mindfulness-based special events and trainings (2015 to 2025)

<https://www.ufmindfulness.org/events>:

- **Body scans**
- **Yoga sessions**
- **Walk and Reflect on Healing in Nature & Nature Walks**
- **Mindfulness-Based Tools for Resilience** and more.
- Numerous **meditation flash mobs** were offered on the Plaza of America, UF to practice mindfulness meditation together.

Over the past 10 years the UF Mindfulness Program literally served thousands of people in the UF community and beyond.



Retrospection of 10-Years of UF Mindfulness

Bringing joy and love into the university community. Touching hearts of people through mindful presence, reflections, compassion, and socializing.



Retrospection of 10-Years of UF Mindfulness

Multiple intensive mindfulness meditation retreats were taught (2015 to 2025)
<https://www.ufmindfulness.org/retreats:>

- **1-Day mindfulness meditation retreat** (celebration of the 10-year anniversary of UF Mindfulness, April 5, 2025)
- **½-Day Mini-Mindfulness Meditation Retreat** (Jan. 29, 2022)
- **½-Day Mini-Mindfulness Meditation Retreat** (May 19, 2019)
- **5-Day Silent Mindfulness & Compassion Retreat** (Jan. 4-9, 2019)
- **1-Day Trauma Informed Mindfulness Retreat** (Jan. 26, 2019)
- **½-Day Mini-Mindfulness Meditation Retreat** (May 19, 2018)
- **1-Day Mindfulness Retreat** (Nov. 19, 2016)
- **2-Day Mindfulness Meditation Retreat** (Nov. 5 & 6, 2016)



Retrospection of 10-Years of UF Mindfulness

Guided meditations were produced by members of UF Mindfulness (recorded meditations, voice-overs of nature recordings)
<https://www.ufmindfulness.org/guided-meditations>



<https://www.ufmindfulness.org/naturemeditations>

Breathing Space Blog. The themes covered included mindfulness and AI, spirituality, mental health, psychotherapy, healing, inner peace, stress reduction, awareness, authenticity, leadership, somatic experiencing, productivity, neuroplasticity, and more. <https://www.ufmindfulness.org/blog>



Reflection of 10-Years of UF Mindfulness

UF Mindfulness has provided a lasting imprint on me, and so many, over the decade of offerings. This program has generously and freely provided an incalculable value for so many of us. Some of the emotions that come to me when I reflect on moments with this UF Mindfulness: *peace, creativity, curiosity, courage, calmness, and heartfelt connection.*

As I now experience both grief and gratitude about the sunsetting of this program, I am reminded of a quote by Dr. Maya Angelou:

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

It’s been such a profound honor to be part UF Mindfulness, Thank You for the opportunities to get to learn and facilitate together in this compassionate community!!

-Emi Lenes



Being a part of UF Mindfulness over the many years, as a participant, team member, and associate director, has enriched my life. This program brought great meaning to my work at UF and supported the expansion of my heart and mind.

I am deeply grateful to every wonderful being who volunteered their time to share with us through the 360 Degrees of Mindfulness Practice series over the years. I have learned so much from the facilitators and all who showed up to practice in community, virtually or in person. Thank you! I would like to give a special thank you to Angie Brown for introducing me to the group and to Sabine Grunwald, Ana Puig, and Jen Kennymore for serving as amazing core team members to collaborate with —it has truly been a labor of love, and you all inspire me.

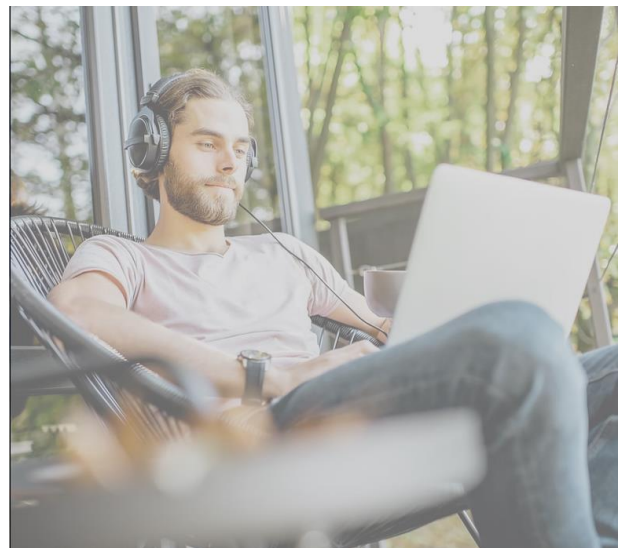
I value the many connections I have made through the years within the UF community and beyond and look forward to staying connected with you all.

-Kim Holton

Retrospection of 10-Years of UF Mindfulness

Talks and Recordings. <https://www.ufmindfulness.org/talks-recordings>

- **Interdependence: Social Change and Inner Change** (Marisela B. Gomez, ordained in the Order of Interbeing in the Buddhist tradition of Thich Nhat Hanh)
- **Inner Empowerment and Outer Transformation** (Sabine Grunwald)
- **The Nuts and Bolts of Mindfulness Meditation** (Jennifer Martin, Jan Snyder, and Carol Lewis)
- **Body Maps of Attention: How a Whole Person Approach may Inform the Neuroscience of Mindfulness** (Glenn Hartelius, CA)
- **Patanjali Ashtanga Yoga** (Gurudev Shri Amritji, Yogi Amrit Desai)
- **Cultural Digital Paranoia and Mania—How can we Find Silence in a World of Noise?** (Sabine Grunwald)
- **Mindfulness and Political Discourse** (Jan M. Snyder)
- **Mindfulness Forgiveness: How Letting You Go Sets Me Free** (Ana Puig and Emi Lenes)
- **Mindfulness and Staying in the Green Zone** (Sabine Grunwald)
- **OneScience—Authentic and Mindful Scientific Integration Approaches** (Sabine Grunwald)
- **In Dialogue about Wisdom and Aging** (Monika Ardel)
- **Meditation, Wellness and the Brain** (Louis A. Ritz)
- **Interweaving Mindfulness into the Higher Education Experience** (Angela Lindner)
- **Mindfulness as a Way of Life & Living Life Mindfully** (Michael A. Singer, spiritual teacher, UF alumni, book author). Find his latest teachings on Sounds True)
- **Co-Passion and Compassion** (Jenni Spännäri, Finland)

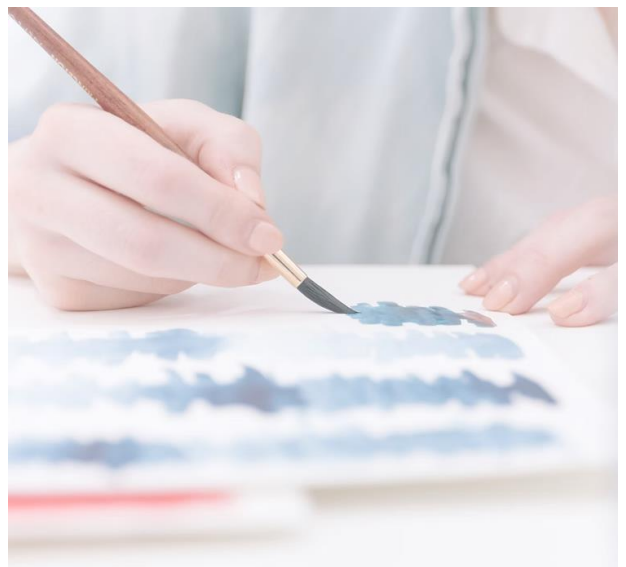


Retrospection of 10-Years of UF Mindfulness

Resources and online training material developed by UF Mindfulness,
<https://www.ufmindfulness.org/discover-mindfulness>



Resources focused on mindfulness meditation, mind-body practices, and creative practices,
<https://www.ufmindfulness.org/mindfulness-mind-body-heart>



UF Mindfulness Resources

<https://www.ufmindfulness.org>



About Teaching & Practice Connect Resources

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



UF Mindfulness on Social Media

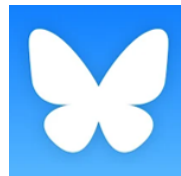


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<https://www.facebook.com/MindfulnessUF>



BlueSky:

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



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



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