

# UF Mindfulness News

May 2022



uf mindfulness

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Happy summer! Your UF Mindfulness Team.



## Art and Mindfulness

The Harn Museum of Art and the UF Mindfulness team have created a new program **"Art & Mindfulness"**, to be held in person at the museum.

This series of guided meditations is inspired by art in the Harn collections. Take a break from your regular schedule to slow down, experience stillness, and re-charge. Forty minutes of guided meditation is followed by an art spotlight tour.



Monday, May 16 3:30-4:30 pm – Rotunda, Harn Museum of Art: Sabine Grunwald, "Uplift".

Monday, May 23 9-10 am – Rotunda, Harn Museum of Art: Chuck Pickeral, "Mindful Art Walk".

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

Register for sessions:

[Art & Mindfulness "Uplift" \(May 16\)](#)

"Don't search for isolation in a mountain retreat. The mountain of your body is the best sanctuary." --- Maitripa

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## Weekly Yoga for Faculty and Staff

Faculty and staff can now join free, lunchtime yoga classes appropriate for all levels of experience on campus. No registration is necessary. Please bring your own mat if you have one. Classes meet weekly as follows (May yoga sessions; and thereafter in fall semester):

<https://calendar.hr.ufl.edu/event/faculty-and-staff-weekly-yoga-class-2/all/>



If you would like to be added to the UFHR yoga listserv, please email [mkholton@ufl.edu](mailto:mkholton@ufl.edu).

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## Mindfulness & Nature

Hiking trails, silent walking in the forest, watching waves in the ocean, or bird or butterflies and similar nature experiences can be meditative. The delight in the natural world, the awe and joy we may feel by sensing the wind in our face, the bliss of boundless views over valleys and mountaintops evoke the sense of eternity and humbleness. Meditations in nature evoke to experience us in more expansive ways; as larger than our "small" selves that give purpose and meaning. Connecting meditatively to the

Earth, Mother Earth, Gaia as a living organism may evoke deep care for life, all organisms, and humanity. Meditative nature therapies provide a sense of belonging (something larger than our narrow egoic "I"), deep relaxation, and rejuvenation. For some of us who have become too urbanized and disembodied in tech-hype, fast-paced living places "back to nature" can allow to re-connect more deeply to the source of our being or deeper meaning of live.

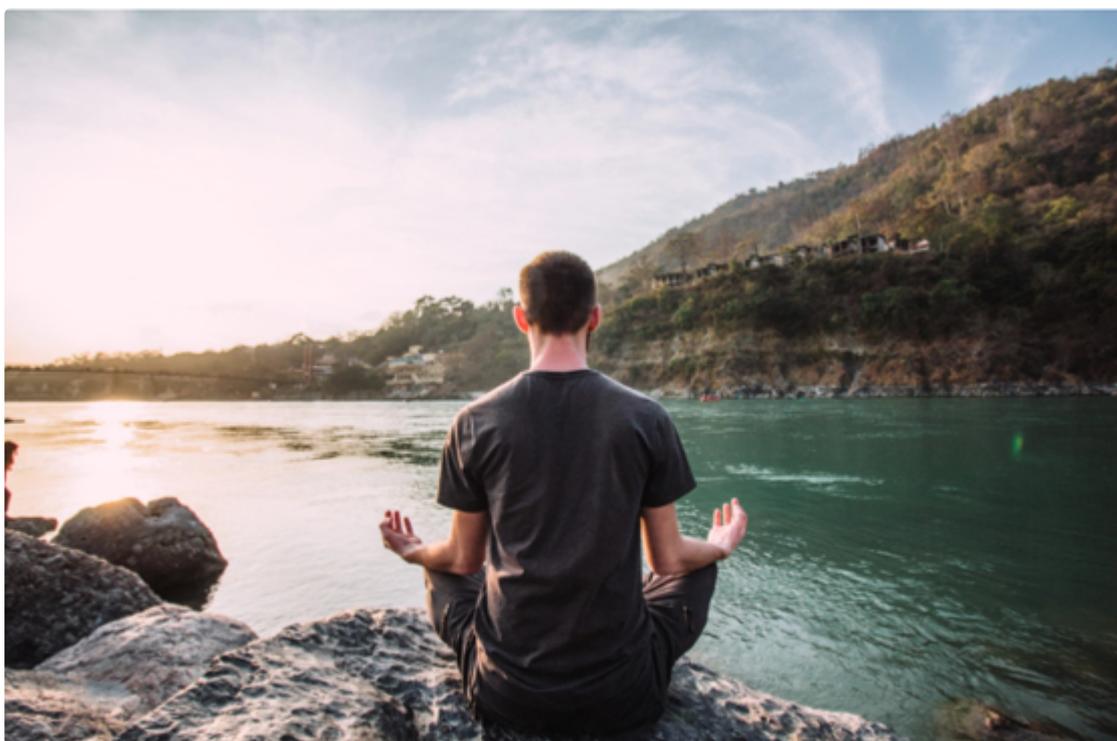
The Japanese *Shinrin-yoku* (forest bathing or forest therapy) provides stress-relief and enhances well-being through intentional mindfulness meditation practice in forests. According to Miyazaki (2018), forest bathing provides synchronization of rhythm between ourselves and the forest. Forest bathing enhances well-being that arises out of active comfort, which means to gain something extra through nurturing stimulation of our five senses. This goes beyond just passive comfort that is to eliminate discomfort to fulfill deprivation needs (e.g., thermal regulation to stay warm or eat food because we are hungry).

In William Blake's words: "The tree which moves some to tears of joy is in the eyes of others only a green thing that stands in the way. Some see nature all ridicule and deformity... and some scarce see nature at all. But to the eyes of the man of imagination, nature is imagination itself."

(Resources UF Mindfulness: <https://www.ufmindfulness.org/mindfulness-mind-body-heart>)

Miyazaki, Y. (2018). The Japanese art of shinrin yoku: Forest bathing. Timber Press.

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## Ad-hoc Working Group Mind & Nature: Mindfulness in Nature, with Nature, for Nature and Wellbeing

The science about environmental crises, such as global climate change, extreme droughts and flooding, threats to healthy soils and water quality, and decline in biodiversity, is clear and sound. Food security, environmental security, and human security matters. The **sustainability and resilience of ecosystems** at UF, in Florida, and around the globe are at risk. STEM-based environmental science research at UF has revealed profound knowledge, data, and knowledge about the environment, agro-forest systems, wetlands, and more.

**Mindfulness practices** facilitate to explore our relationship with and in nature; and intimately experience the natural world. Mindfulness practices may evoke "seeing nature with fresh eyes" evoking deep care and compassion that changes how we protect and sustain the natural world. Health and wellbeing of nature mirrors human health and wellbeing.

In the **new ad-hoc UF working group Mind & Nature** we like to bring together: nature + sustainability + regenerative agriculture + carbon neutrality + resilience + compassion + mindfulness + wellbeing + human flourishing + ethics of care. Transdisciplinary liaisons will empower creative Mind-Nature teachings, research (proposals and projects), and capacity building.

Join the working group by sending a request to [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu) with "Mind & Nature" in the subject line. Tell us what inspires you about Mind & Nature and what kind of expertise you may contribute. The working group, which has gained already momentum before even being officially announced, will have online and in-person meeting modalities.

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## Koru Mindfulness Course by GatorWell

A **Koru Mindfulness Basic Course** from 3:30-4:45 pm on Thursdays from July 7-28 for current UF students (registered for summer or fall courses). The course will meet in person in the GatorWell conference room.

Students can register here: <https://bit.ly/KoruB2022> This course is **FREE**.

We will meet one time a week for 75 minutes for 4 weeks. In the classroom



review a variety of mindfulness practices including belly breathing and walking meditation. Students who participate in the course gain access to the Koru app for **FREE** and those who complete the course receive a Certificate of Completion. Students can learn more about the course and Koru Mindfulness here: <https://korumindfulness.org/>

GatorWell is also offering **stress management/mindfulness consultations for students** who want some brief education/information about stress management strategies or mindfulness practices and resources. The appointments are 30 minutes, available to current UF students and students can request a Mindfulness Consultation appointment here:

<https://gatorwell.ufsa.ufl.edu/resources/individual-appointment-request/>. \*Note: These appointments are NOT mental health counseling. They are meant to be educational and informational in nature.

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## Be the Gentle and Compassionate Voice of UF Mindfulness: Students or staff with social media skills

The UF Mindfulness Team is looking for a social media and communication outreach expert who is passionate about mindful communication (start: fall semester 2022). Earn valuable work experience to be the gentle and compassionate voice of UF Mindfulness. Modest compensation (OPS) for services is a possibility.

Send your brief CV and social media portfolio to: [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu).

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## Congratulations Emi!

Emi Lenés, Clinical Assistant Professor, Counseling and Wellness Center, and Member of the UF Mindfulness Program was recognized with the UF 2022 Superior Accomplishment Awards for outstanding and meritorious service. Well deserved!

<https://news.hr.ufl.edu/awards/2022-superior-accomplishment-awards-recognize-outstanding-and-meritorious-service/>

## New Interim Associate Director UF Mindfulness Research (2022)

### Monika Ardelt

Monika Ardelt, Ph.D., is Professor of Sociology and a Founding Faculty Member and Member of the Advisory Board of the Center for Spirituality and Health at the University of Florida. She was Core Member of UF Mindfulness (2015-2019). She is also a 1999 Brookdale National Fellow, a 2005 Positive Psychology Templeton Senior Fellow, and a Fellow of the Gerontological Society of America. Her research focuses on successful human development across the life course with particular emphasis on the relations between wisdom, religion, spirituality, aging well, and dying well. Dr. Ardelt has been a practitioner of mindfulness meditation for over 35 years and has taught and co-taught university courses incorporating mindfulness and service learning, such as Sociology of Aging and the Life Course, Group-Related Internship Program, which focused on service learning and the meaning of life, and Cosmic Dance: The Integration of Science, Religion, and Compassionate Love.



if you are interested in to join the Research Committee of the UF Mindfulness Program please contact Dr. Ardelt: [ardelt@ufl.edu](mailto:ardelt@ufl.edu)

## New Members UF Mindfulness Program

### Yao-Chin Wang - New Member

Dr. Yao-Chin Wang is an Assistant Professor in the Department of Tourism, Hospitality and Event Management at the University of Florida. Before joining the University of Florida, he taught at Xiamen University in China and the University of Arkansas. Dr. Wang is originally from Taiwan. He studied well-being for his master thesis, love for his dissertation, and is now focusing on mindfulness research in both management and marketing, especially on how applications of artificial intelligence and technology experiences would be utilized to support human mindfulness. Dr. Wang is a recipient of several awards and honors, such as the W. Bradford Wiley Memorial Best Research Paper of the Year Award from ICHRIE and the Global 25 Most Influential Educators in Hospitality for 2021 by International Hospitality Institute. He is trained by Buddhist Venerable Huiming Shi with Donghua Chan, which is taught by Chan Master Wanxing Shi who is abbot of the Donghua Chan Temple in China. Dr. Wang is the lead author of the article, "Travel for mindfulness through Zen retreat experience: A case study at Donghua Zen Temple," published on Tourism Management.



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### Trish Magyari - New Affiliate Member

Her special expertise and training is in mindfulness, self-compassion, and somatic-based psychotherapy, psychosocial genetic counseling: grief, adaptation, and decision support.

She teaches mindfulness-based stress reduction (MBSR) and mindful self-compassion (MSC). More at: <http://www.trishmagyari.com/>. She offers professional trainings and consultation, mindfulness, self-compassion and yoga retreats. All of her services are trauma-informed and trauma-sensitive.



# uf mindfulness

**DIVERSITY** **EQUITY** **INCLUSION**

FIDELITY SOCIAL JUSTICE CULTURE RESPECT BELONGING COURAGE TRUST ACCOUNTABILITY WELCOMING VALUED GROWTH CENTERING COMMUNITY WELCOMING TRANSPARENCY INTERACTING ACTIVE FAIRNESS JUSTICE NEEDS DIGNITY POWER OPENNESS EQUITY FAMILY COLLECTIVE RESPONSIBILITIES ACCOUNTABILITY TRUST INTERSECTIONALITY COMMUNITY EXPERIENCES HONESTY WELCOMING RESPECT HONESTY DIFFERENCE AFFIRMING IDENTITIES AFFIRMING POSITIONALITIES BELONGING FIDELITY LEADERSHIP INFORMATIVE VALUED PERSPECTIVES FRIENDLINESS SUPPORT SYSTEM SOLIDARITY RECEPTIVENESS CATALYST THRIVING CONSCIOUS COMMUNITY APPRECIATION CARE



## Belonging — DEI — UF Mindfulness

According to Brené Brown (Atlas of the Heart, 2021), finding a sense of belonging in close social relationships and with our community is essential to well-being. We have to belong to ourselves as much as we need to belong to others. True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world. True belonging does not require you to change who you are; it requires you to be who you are."

The mission of UF Mindfulness depends upon a sincere commitment to diversity, equity, inclusion, belonging, advocacy, allyship, and activism. Mindfulness means being present in the moment and sensing that we are all interconnected—people at the UF campus and off-campus, in the Gainesville and regional community, and beyond. The UF Mindfulness team values differences, strives to dismantle inequities and cultivate belonging. We recognize that this is an ongoing journey. We will continue to learn from each other and grow together as a mindful community with new experiences, workshops, and joint evidence-based mindfulness research.

If you feel passionate about UF Mindfulness DEI and like to participate in the UF Mindfulness Program consider to become a member or join one of the three committees (teaching & practice, student

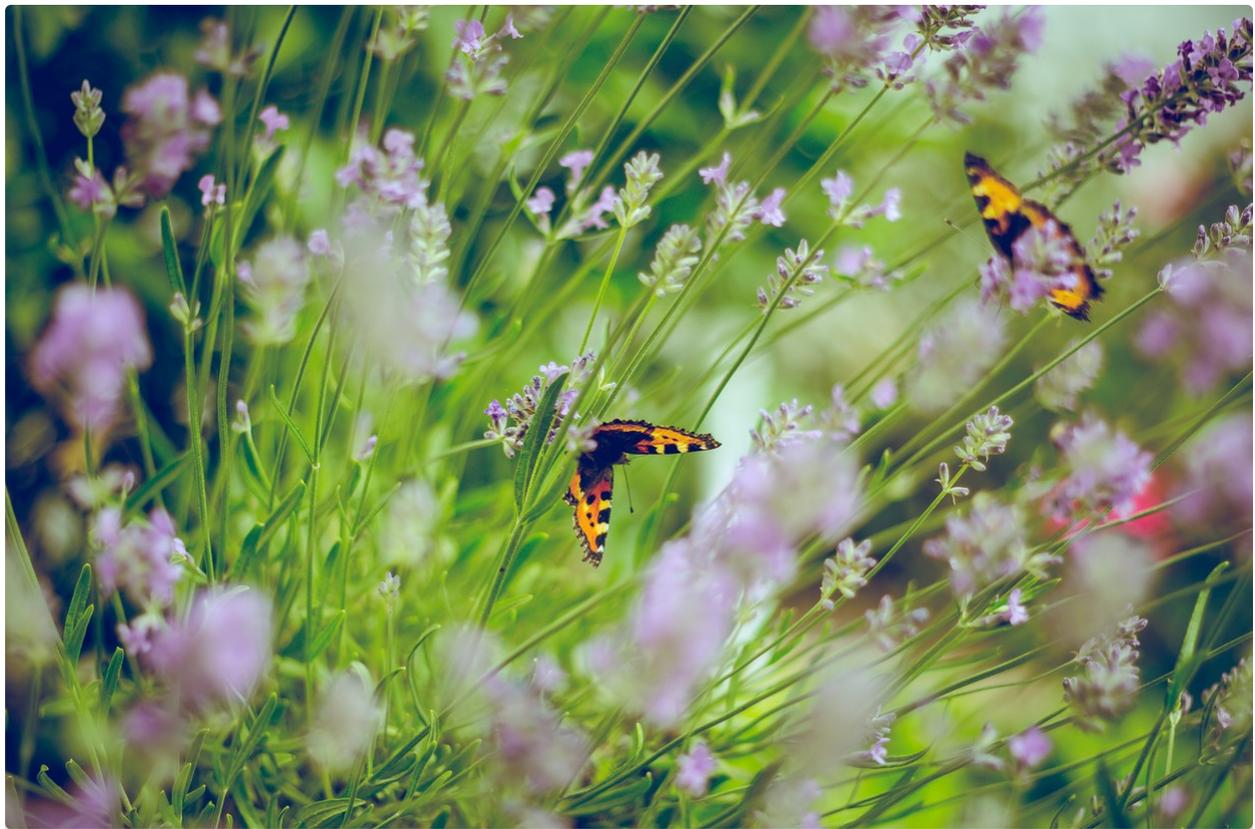
development, and research committee). Students + staff + faculty + administrators welcome!

Info about the UF Mindfulness Team: <https://www.ufmindfulness.org/mindfulness-team>

Info about UF Mindfulness Committees: <https://www.ufmindfulness.org/uf-mindfulness-committees>

Diversity, equity, and inclusivity matters to us - reach out to the Core Team to engage in building mindful UF community:

- Associate Director UF Mindfulness Teaching & Practice, Kim Holton: [mkholton@ufl.edu](mailto:mkholton@ufl.edu).
  - Associate Director UF Mindfulness Student Development, Jennifer Kennymore: [jkennymore@ufl.edu](mailto:jkennymore@ufl.edu).
  - Interim Associate Director UF Mindfulness Research, Monika Ardel: [ardelt@ufl.edu](mailto:ardelt@ufl.edu).
  - Director UF Mindfulness, Sabine Grunwald: [sabgru@ufl.edu](mailto:sabgru@ufl.edu).
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## Stay Tuned for 360° Mindfulness Practice Sessions Coming Back in Fall Semester 2022

Our 360° mindfulness practice series resumes in fall 2022 semester, with the first session starting on Sept. 12. Sessions are Mondays from 5:30-6:30 pm and will be via Zoom. Please join us as we support each other to cultivate our inner wisdom, feel into our hearts, and relax into presence.

Mindfulness practice is not one, but many. We will cultivate mindfulness practices in 360 degree fashion.



The 360° workshop is open for UF students, staff, post-docs, faculty members and administrators. All levels of experience are welcome

Please contact Kim Holton ([mkholton@ufl.edu](mailto:mkholton@ufl.edu)) for any questions about the 360° workshop series.

UF Mindfulness Program Workshops: <https://www.ufmindfulness.org/workshops>

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## "A Meditation on I am" by Rupert Spira

In ignorance I come and go in the world  
In wisdom the world comes and goes in Me  
In love the world is consumed in Me  
I alone am

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"Looking at beauty in the world, is the first step of purifying the mind" ---

Amit Ray

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## Contribute to the Next UF Mindfulness Newsletter

If you like to include an announcement, a meditation recording, or writing piece focused on mindfulness in the next UF Mindfulness newsletter please submit it along with an image or photo to [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu).

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### UF Mindfulness Program

 Facebook  @Sacred\_swamp

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

 [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu)

 [ufmindfulness.org/](https://ufmindfulness.org/)