

Love in Action Walk – Walking Meditation

J. Wayne Reitz Union, Room 2355

April 2, 2019 (11:30 am to 12:00 pm)

<https://mindfulness.ufl.edu> |
mindfulness@ad.ufl.edu |
<https://www.facebook.com/MindfulnessUF> |
Twitter: @sacred_swamp.

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.

Feel free to join the walk and experience interpersonal mindfulness.

In the midst of our chaotic world and busy daily life, we tend to lose touch with the love, peace, and joy that are available in each moment. Enjoy the UF campus with fresh eyes and connect deeply *from within* with the campus community and beyond. The practice of walking meditation brings us back to being fully present and alive with every step, filling each moment with love and well-being.

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

LOVE IN ACTION WALK



Facilitator: 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.