



UF Mindfulness Day 2019

“Mindfulness and Social Change”

April 1, 2019

J. Wavne Reitz Union, UF campus, Rooms 3315, 3320, and 2365.

Organized and Sponsored by the UF Mindfulness Interdisciplinary Team.

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

Co-Sponsors: UF Center for Spirituality and Health; Create Student Club; MOR Student Club; and GatorWell.

The event is open to UF students, faculty, and staff as well as the public community.

No pre-registration is required, donations graciously accepted. Come early to get a seat in each session.

Times	J. Wayne Reitz Union	
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The UF Mindfulness Day is offered without registration fees!
To sustain mindfulness trainings, teachings, and retreats at UF in the future practice mindfulness by showing your *generosity*. Support UF Mindfulness with a donation: <https://mindfulness.ufl.edu/> or <https://www.uff.ufl.edu/OnlineGiving/FundDetail.asp?FundCode=020531>.
 Co-create a mindful campus culture.

8:20 – 8:30 am	Warm welcome to the 2019 UF Mindfulness Day (Rooms 3315 and 3320). Sabine Grunwald, Ph.D., Director UF Mindfulness; Professor, Dept. of Soil and Water Sciences, IFAS UF.	
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8:30 – 9:20 am	Compassion Qigong (Room 3315). Nancy Lasseter, M.Ed., Ed.S., Licensed Mental Health Counselor, Wellness Educator for UF Health Shands Arts in Medicine, Integrative Therapies. Core Member of UF Mindfulness.	Yoga and Compassion Meditation Practice (Room 3320). Teresa Drake, JD. Director, Intimate Partner Violence Assistance Clinic, Legal Skills Professor, Associate Director Center on Children and Families, UF Levin College of Law. Member of UF Mindfulness.
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9:35 – 10:25 am	Taking it to the Streets: Community Applications of Mindfulness (Room 3315). Carol Lewis, Ph.D. MPH CPH, Clinical Associate Professor, UF Department of Psychiatry. Member of UF Mindfulness. <i>Abstract:</i> There is a growing body of literature documenting the positive effects of mindfulness practice on physical and mental health. Data also indicate that mindfulness practitioners tend to be white middle-aged college-educated females. Population subgroups with worse health outcomes are less likely to engage in mindfulness practices, despite the benefits of those practices. What can be done about this? We will discuss some local efforts to spread mindfulness practices more broadly in our community, including to persons who have experienced structural disempowerment.	Cultivating Critical Social Justice Literacy: The Role of Embodied Teaching and Learning (Room 3320). Elizabeth Bondy, Ph.D., Professor in the School of Teaching and Learning, UF College of Education. <i>Abstract:</i> This session is designed for instructors and other group leaders who wish to construct spaces in which injustice can be examined and justice can be embraced. These kinds of learning contexts may also be described as risk-taking spaces in which learners are challenged to identify, consider, and reconsider their taken-for-granted assumptions about themselves, other people, and how the human world works. In order to construct transformative spaces, instructors must help students to start talking, listening, wondering, and feeling in ways that may be unfamiliar to them.
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10:40 – 11:30 am	The Power of Breath Control (Pranayama) and Meditation (Room 3315). Nico Tuckfield and David Raya Contreras, MOR meditation student club.	Modern Shamanism (Room 3320). Robin M. Wright, Ph.D., Associate Professor, UF Dept. of Religion. <i>Abstract:</i> Transformation and metamorphosis are important elements in shamanism. We will backcast and explore the role of
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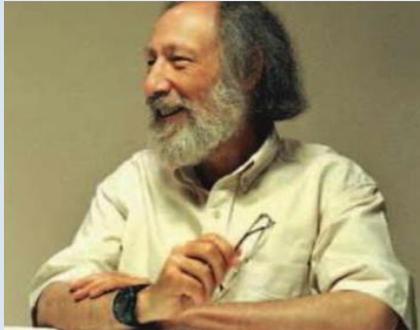
	<p><i>Abstract:</i> The first portion of this program will be a guided experience of yogic breath work and a guided meditation. Then we will have a round circle discussion about the power of these practices.</p>	<p>transformation and altered states of consciousness in shamanistic cultures. What can we learn from spirit worlds? What role do modern shamans play in contemporary culture?</p>
<p>11:45 – 12:35 pm</p>	<p>The Nuts and Bolts of Mindfulness Meditation (Room 3315). Facilitators: UF Mindfulness team (Jennifer Martin, Ph.D., Jan Snyder, Ph.D., and Carol Lewis, Ph.D.)</p> <p><i>Abstract:</i> In this session we will dialogue about the basics of mindfulness meditation from a practical perspective. Whether you like to get started with mindfulness, setup your own practice, or just have curiosity to learn about mindfulness you are welcome. Mindfulness novices and those who need a boost to get back to mindfulness practice are especially welcome.</p>	<p>Multicultural Mindfulness (Room 3320). Emi Lenes, Ph.D., Counseling and Wellness Center. Member UF Mindfulness and Ana Puig, Ph.D., Scholar & Research Director, College of Education; Core member UF Mindfulness</p> <p><i>Abstract:</i> The purpose of this presentation is to assist individuals with exploring multicultural challenges in a mindful way. Participants will have an opportunity to engage in a creative guided imagery experiential activity. Mindful movement will be invited.</p>
<p>12:50 – 1:45 pm</p>	<p>Inner Empowerment and Outer Transformation: Interpersonal Mindfulness and Alternative Forms of Activism (Room 3315). Sabine Grunwald, Ph.D., Director UF Mindfulness; Professor, Dept. of Soil and Water Sciences, IFAS UF.</p> <p><i>Abstract:</i> The practice of mindfulness has shown an increase in self-awareness and inner transformation as well as prosocial effects, such as empathy, compassion, and kindness based on evidence-based mindfulness research. Transpersonal transformation can serve as motivator for interpersonal mindfulness, social engagement, and participatory forms of interbeing. In this session we will explore forms of interpersonal mindfulness, spiritual (“inner-informed”) activism, and subtle activism. These alternative forms of social engagement serve to address issues of educational and social disparities, polarized political discourse, social justice, human rights, and more.</p>	<p>Great Minds Sleep Alike (Room 3320). Jennifer Kennymore, MPH, CHES, CWHC, Health Promotion Specialist, GatorWell Health Promotion Services, UF Division of Student Affairs.</p> <p><i>Abstract:</i> Various mindfulness practices, resources, and apps that can impact sleep will be discussed. Participants will also have an opportunity to practice mindfulness strategies to potentially improve sleep.</p>
<p>2:00 – 5:30 pm</p>	<p>Free-style, playful, self-facilitated mindfulness meditation, heartfulness, and mind-body group practices (Rooms 3315 and 3320).</p>	

2:00 – 3:00 pm

Keynote Speaker Paul R. Fleischman (Room 2365)

The Universal Features of Meditation

Abstract: Dr. Fleischman's talk will discuss biological and psychological homeostasis as the basis of all meditation practices. The human mind and body have developed as processes that hold within them meditation as an incipient possibility. We are built for meditation. But we are also built for scheming, strategizing, adapting, fighting, and killing. The deep issue in all meditation practice is to activate a readily accessible biological predisposition to homeostatic, restful, and flourishing states of being, which are nested within disruptive alternatives.



Paul R. Fleischman, M.D. graduated from the University of Chicago and the Albert Einstein College of Medicine and trained in psychiatry at the Yale University School of Medicine. For over thirty years he was in private practice in psychiatry and consulted to hospitals and clinics. He supervised psychotherapy trainees at Yale University where he also taught a course in Psychiatry and Religion, and he was honored by the American Psychiatric Association for his unique contributions to psychiatry and religion. He is the author of *The Healing Spirit*, *Cultivating Inner Peace*, *Karma and Chaos*, *Wonder: When and Why the World Appears Radiant* and other books. His articles have appeared in *The American Journal of Psychiatry*, *the International Journal of Social Psychiatry*, *The Yale Review*, *The University of Chicago Magazine*, *Nature*, *Landscape* and other magazines and journals. Paul R. Fleischman is a Vipassana teacher in the tradition of Mr. S.N. Goenka.

3:15 – 4:45 pm

Panel discussion "Mindfulness & Social Change (Room 2365)

Facilitator: Monika Ardel, Ph.D., Professor of Sociology, Dept. Sociology and Criminology & Law, CLAS UF. Core Member of UF Mindfulness.

Panelists:



Harris Friedman, Ph.D.

Harris Friedman is retired Research Professor of Psychology at University of Florida, now affiliated with both the California Institute of Integral Studies and Canterbury Christ Church University in the UK, and will be a Visiting Scholar at Harvard University during academic year 2019-2020. He frequently publishes on transpersonal and cultural psychology, as well as serves as Associate Editor of two

humanistic psychology journals, and as Senior Editor of the *International Journal of Transpersonal Studies*.

Marisela Gomez, Ph.D. and M.D. (bio below)



Paul R. Fleischman, M.D. (bio above)



4:55 – 5:30 pm

Metta (Loving-Kindness) Meditation (Room 3315).

Jan M. Snyder, Ph.D., Clinical Psychologist. Center Director, Gainesville Shambhala Meditation Center. Member of UF Mindfulness.

Abstract: Guided lovingkindness meditation practice, open to all, beginners and experienced meditators.

Yoga (Room 3320).

Kim Holton, Ph.D., Lecturer in the Dept. of Health Education & Behavior, UF College of Health & Human Performance. Member of UF Mindfulness.

Abstract: This experiential session, appropriate for any level of experience, will guide you through a series of dynamic movements linked with breath to build energy, release tension and cultivate presence.

5:45 – 7:00 pm

Keynote Speaker Marisela B. Gomez (Room 2365)

Interdependence: Social Change and Inner Change

Abstract: This presentation will focus on the path of social change and its similarity to inner transformation. How do we currently understand the path to each and how do we practice with the understanding that they depend on each other, for sustainability of either. The practice of mindfulness, of stopping and finding stillness so as to be alert and aware, helps us remember the ethical framework we wish to guide our lives. How does mindfulness help us more easily intention and act into a life of inner and social transformation such that our activism is revolutionary: love in action.



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.