

UF Mindfulness News

January 2021



Give yourself the gift of a mindful moment, participate in mindfulness/mind-body workshop sessions, or simply browse through resources to boost your health and well-being. At the beginning of spring semester we invite you to take a deep breath before diving in. The habit of taking a breath before engaging in an activity or task allows us to center and focus.

Kindly, the UF Mindfulness Team

We want to hear from you

Take our survey



What are your needs and ideas to co-create mindful UF culture?

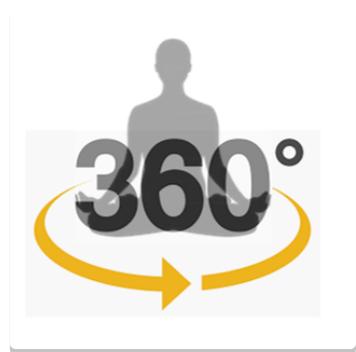
Survey: Co-create Mindful UF Culture

The vision of the UF Mindfulness program is to create a more mindful UF campus culture. Provide your input how we can best support your mindfulness practice and infuse UF with mindfulness. This survey will take approximately 10 minutes to complete and is completely voluntary.

Survey link: <https://bit.ly/UFMindSurvey>

360° Mindfulness Practice Sessions for Spring Semester

Join us each Monday from 5:30-6:30pm via Zoom to connect, learn and practice as a campus community. All UF students, faculty and staff (novice and experienced mindfulness practitioners) are welcome. Registration with a valid UF email is required. You only need to register once for the spring semester to gain access to all 14 sessions. Registration link:

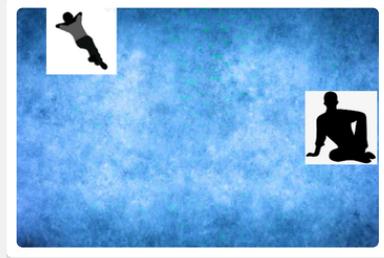
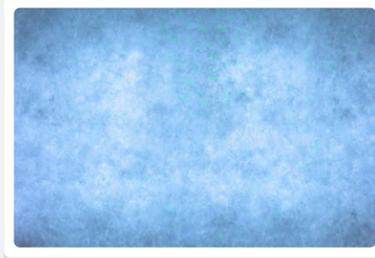
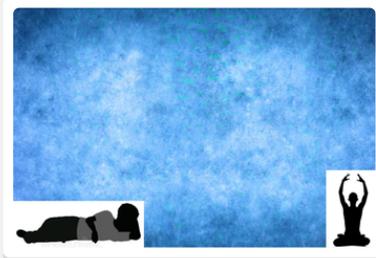


<https://www.eventbrite.com/e/134425312729>.

The first session "Healing with the Arts" by Mary Rockwood Lane is on January 25 (5:30 - 6:30 pm).

This series offers a variety of mindfulness meditation and mind-body practice sessions taught by different teachers and facilitators. Learn about different styles to meditate, destress, calm down, explore your inner way of being and more. You will find the full schedule of topics when you follow the

registration link. Dr. Kim Holton is series program coordinator. You can reach her at mkholton@ufl.edu with questions or suggestions.



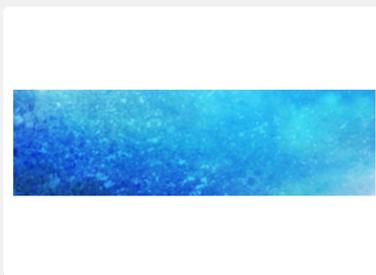
Koru Mindfulness Course

This course will be offered from January 26 - February 16, 2021 (4 sessions: from 3:30 - 4:45 pm) in Zoom virtual meetings. The course will be taught by Jennifer Kennymore and is open to current UF students. You will learn how to practice mindfulness in this short course. The ability to clam the chatter in our minds is a crucial skill for the modern college student. Koru is an evidence-based mindfulness meditation and stress-management program designed specifically for students and young adults.



Registration link: <https://bit.ly/UF2021Koru1>

**"Breathing in, I calm body and mind. Breathing out, I smile.
Dwelling in the present moment I know this is the only
moment" --- Thich Nhat Hanh**



**"If we hope to go anywhere or develop ourselves in any way,
we can only step from where we are standing. If we don't
really know where we are standing... We may only go in
circles..." --- Jon Kabat-Zinn**

Faces of UF Mindfulness



Director UF Mindfulness

Sabine Grunwald, Ph.D., leads the UF Mindfulness Program. She is Professor in IFAS, UF. She blends expertise and interests in mindfulness, spirituality, landscape analysis, environmental and geosciences. Dr. Grunwald earned a Ph.D. in environmental sciences from the University in Giessen, Germany, a 1-yr. Graduate Certificate in Integral Studies from Fielding Graduate University, Santa Barbara, CA, and an Authentic Leadership Certificate with Mindfulness training (Naropa University, Boulder, CO). Dr. Grunwald is affiliate faculty member in the UF Center for Spirituality and Health. She studies integral and transpersonal psychology at the California Institute of Integral Studies, San Francisco, CA. Since the 1980s, she has practiced qigong, tai chi and various meditation styles including somatic meditation. She trained extensively in mindfulness meditation, various mind-body practices, and self-inquiry through retreats, workshops, and courses. She is interested in open forms of modern American Buddhism and trained in mind-body practices in Vajrayana Buddhism.

Associate Director UF Mindfulness, Teaching and Practice

Kim Holton, Ph.D., is Lecturer in the Department of Health Education & Behavior, UF College of Health & Human Performance and previously served as Health Promotion Specialist for UF's Office of Human Resource Services. Kim has been a practitioner of mindfulness since 1998 and began leading yoga classes and workshops in 2002. She offers yoga and meditation for the UF and Gainesville area community at various locations. Visit kimholtonyoga.com for current offerings.





Associate Director UF Mindfulness, Research

Ana Puig, Ph.D., NCC, LMHC, is a licensed mental health counselor and qualified supervisor in the state of Florida and a National Certified Counselor. She has more than 20 years of clinical experience working with clients using holistic wellness and humanistic frameworks, and holds a Spirituality and Health certificate from the Center for Spirituality and Health at the University of Florida (UF). She has been a Counselor Educator and Research Director of the Office of Educational Research at UF and has conducted research on creativity, counselor burnout and wellness, and mindfulness in counseling and healthcare and published articles focusing on related topics over the last 10 years.

Associate Director UF Mindfulness, Student Development

Jennifer Kennymore, MPH, CHES, CWHC. Jennifer received a Master's in Public Health from the Colorado School of Public Health in 2010 and has been a Certified Health Education Specialist since 2012. Jen has also been a Certified Wellness and Health Coach since 2017. Currently, as a Health Promotion Specialist with UF GatorWell Health Promotion Services within the Division of Students Affairs, Jen oversees stress management programming for UF students. She began her formal mindfulness practice in 2018 through Mindfulness Based Stress Reduction (MBSR) training. Prior to joining UF, she worked as the Health Educator at Northwest Missouri State University. Jen is excited to expand mindfulness programming for UF students.



Pro-bono (Free) Coaching Session - Life Coaching or Meditation Coaching

First come, first served basis for up to three people (minimum of one; maximum of four 50 min. individual sessions for each coachee).

Why coaching?

Discover your personal and professional potentials and explore questions/issues that nag you or hold you back. Coaching helps to unlock "old ways of knowing" or "ways of living life that do not serve you well anymore". Learn, grow, discover, and transform yourself. Find new meaning in a world experienced as strange, overwhelming, surreal, gray, or meaningless. Touch awe and embody a life that feels real, meaningful, and authentic to you. The coach will facilitate your exploration into deeper ways of knowing. Note, coaching is not mentoring (giving advise) nor is it psychotherapy (focused on mental health issues and disorders).



An ontological coaching approach will be adopted, which offers a different way to thinking and perceiving that involves language, emotions, and the body (whole person). All three are pivotal to our Way of Being as linguistic beings, emotional beings, and our bodies.

Bring any question about meditation to the sessions. Are you stuck in your meditation practice? You feel you cannot meditate? Mindfulness meditation may serve as a starting point to explore what is holding you back or bothering you.

Coach (undergoing certification in ontological coaching): Sabine Grunwald, Ph.D.
Contact her to schedule a session at sabgru@ufl.edu.

Workshop Introduction to Zen - Presented by Florida Sanbo Zen in Partnership with UF Mindfulness

with Valerie Forstman Roshi

Sunday, January 31, 2021 (1-3pm)

Register for the Zen Workshop at:

<https://zoom.us/meeting/register/tJcvduqhrDlpE90hHvPGUMJMSWvY YQ77mqAu>



Join Valerie Forstman Roshi, guiding teacher at the Gainesville Retreat Center, for an introduction to Sanbo Zen and its root practice: zazen. Zazen, or silent meditation, is a time-honored practice to cultivate seeing into the true nature of your being, Valerie will offer background information on the origins of Sanbo Zen, comment on how this practice can inform and enhance your everyday life, give tools and guidance to get you started, followed by zazen practice and time for questions and answers. Links will be provided for ways you can easily continue and deepen your practice through local group sitting with Florida Sanbo Zen and other resources. If you've been curious about Zen, starting a meditation practice, or are already a practitioner from any tradition, this workshop will complement your journey of inner exploration.

This workshop is freely offered, with no obligation to pay any fee. Should you feel inspired to make a donation of any amount, it can be given here: <https://www.paypal.com/paypalme/GainesvilleRetreat>

Schedule:

1:00-1:15 pm: Welcome to the Workshop and Introduction (Sabine Grunwald and Valerie Forstman)

1:15-1:45 pm: Talk: Introduction to Zen Practice

1:45-2:05 pm: Zazen/silent sitting (I will guide at the beginning)

2:05-2:15 pm: Guided movement (Shana Smith)

2:15-2:40 pm: Q&A

2:40-2:55 pm: Zazen/silent sitting

2:55-3:00 pm: Closing comment

Valerie Forstman (Meikô-an; Keiun-an) is an Associate Zen Master of the Sanbo Zen lineage. Her first teacher, with whom she continues to work, was Ruben Habito Roshi. Since 2003, she has also trained under the guidance of Yamada Ryouin Roshi, current abbot of SanboZen. Valerie is co-teacher of Mountain Cloud Zen Center in Santa Fe, New Mexico, as well as guiding teacher of Florida Sanbo Zen, based at the Gainesville Retreat Center. She joins Florida Sanbo Zen with a shared vision of the core of the Zen path, a way of coming home to who we truly are. This includes koan training, "just sitting" practice, and breath awareness practice, and what it means to undergo the immense change of heart implied by the term "awakening." What a joy and what a long road it can be, not just to taste this, but to embody it and live it out in lives of compassionate service. She comes to Gainesville Retreat Center several times per year to lead Zen sesshins (retreats). A first-career classical musician with degrees

response to her practice and went on to earn a Master of Theological Studies and Ph.D. in Biblical Interpretation (Hebrew Bible). She recently retired from her work as Associate Dean for Admissions and Common Life at Brite Divinity School in Fort Worth, TX.

2021 Contemplative Practices for Higher Education - Virtual Symposium



Please mark your calendars now for the Contemplative Practices for Higher Education Virtual Symposium, being hosted on March 4-6, 2021.

The [2021 Symposium](#) offers an opportunity for a variety of contemplative practitioners (faculty, staff, graduate and undergraduate students) to come together in order to explore current teaching, practice and research taking place across all sectors of higher education. This gathering is sponsored by the Mid-Atlantic Contemplative Higher Education Alliance for Research, Teaching and Service (C-HEARTS).

Registration opens Jan. 1, 2021: \$50 for professionals and \$15 for students to attend the entire Symposium or any portions thereof.

The keynote address will be given by Rhonda Magee: "Contemplating the Fierce Urgency of Justice and Equity in Higher Education."

Give a gift with an open heart

UF Mindfulness is a self-funded program with no financial support from UF. To maintain the program - media portfolio, coordination, interns, organize mindfulness events and teachings - consider a donation. Giving is a compassion practice.



UF Mindfulness Program

Facebook @Sacred_swamp

Web site: <https://mindfulness.ufl.edu/>

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

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