

UF Mindfulness News

Summer Special Edition 2021



Summer time invites mindfulness to blossom. A couple of wonderful face-to-face and virtual offerings. Warmly, the UF Mindfulness Team.

Learn how to be more mindful with a **Mindfulness Session** with GatorWell!

A Mindfulness Session is a **one-time 30 minute** session to try a mindfulness strategy with a Health Promotion Specialist. It's a great way to learn how to **manage your stress** and **work on your wellness!**

HOW TO SIGN UP:

Visit <http://bit.ly/MindfulSummer2021>

Fill out the form in the link to select which session(s) you would like to attend.



Mindfulness Sessions with GatorWell in Summer

There are multiple short Mindfulness Sessions coming up for Summer B. They are designed to be a brief introduction to mindfulness where students can also try one mindfulness strategy. They are all 30 minutes in length and most will be offered in person with a couple on Zoom. A variety of mindfulness strategies will be covered from mindful walking to belly breathing. Students are welcome sign up for 1 or all 7! The list of options are below. Sign up here: bit.ly/MindfulSummer2021

July 1 (2:00pm): Belly Breathing - Virtual in Zoom

July 7 (4:00pm): Body Scan - In person: GW Conference Room

July 9 (1:30pm): Gatha - Virtual in Zoom

July 13 (12:30pm): Walking Meditation - In person: Plaza of the Americas

July 15 (3:00pm): Body Scan - In person: GW Conference Room

Aug 3 (2:30pm): Gatha - In person: GW Conference Room

Aug 4 (4:30pm): Belly breathing - In person: Lake Alice by the Baughman center Bring a mat or blanket!

CONNECT YOUR PRECIOUS SPIRITUAL & HUMAN JOURNEY

AUGUST 7 VIRTUAL WORKSHOP

EXPERIENCE TRANSFORMATIVE
MEDITATION PRACTICES + COACHING
TOOLS FOR INTENTIONAL ACTION

Connect Your Precious Spiritual & Human Journey Workshop

Experience Transformative Meditation Practices and Life Coaching Tools for Intentional Action

Date: August 7, 2021

Time: 1:00 to 3:00 pm EDT

Where: Online (Zoom)

Teachers: Sabine Grunwald and Laurie Clemans

Details: <https://www.integraltransform.com/workshops/spiritualhumanjourney2>

Workshop Program

Does the whirl of life fill your days and spill into your nights? Do you long for easier access to the unwavering wisdom below the surface of your mind? Are you ready to express your greatest self and most luminous goals – in the world? Feet on the ground. Heart aglow. You are in the right place! Connect Your Spiritual & Human Journey is a workshop like no other, combining dharmic wisdom practices and timeless teachings with transformational life coaching. Over the span of two and a half hours, we will help you access a relaxed, open state of being and begin to clarify your path forward with meaningful intent. Both novice and experienced meditators are welcome!

TIME WELL SPENT

FIRST HALF: Mindfulness & Somatic Meditation

SECOND HALF: Coaching Your Dreams into Reality

In Connect Your Spiritual & Human Journey, you're invited to join Meditation Instructors and Life Coaches Laurie Clemans and Sabine Grunwald to:

1. explore heart-centered spiritual practices
2. lift the fog to experience clear seeing
3. set purposeful goals for your next step
4. rev up the sparkle for a life well-lived
5. infuse what matters most into every day

LOGISTICS

Space is limited and registration for this workshop is required.

Register at: <https://www.eventbrite.com/e/connect-your-spiritual-human-journey-a-me-time-workshop-tickets-157828644725>

Zoom details will be sent via email 48 hours prior to the workshop.

If you have any questions, our contact information is below.

Meet the workshop teachers: Sabine and Laurie:



Sabine Grunwald, East Coast FL

Ph.D. in Integral and Transpersonal Psychology, Director of the UF Mindfulness Program, Mindfulness Meditation Teacher, Ontological Coach and Professor in IFAS UF.



Laurie Clemans, West Coast CA

RH; Inspiration Coach for Servant Leaders, Soulful Entrepreneurs, Creators, and Healers; Certified Meditation and Mindfulness Instructor, Professional Clinical Herbalist, Modern Elder, Vajrayana Practitioner, Artist.



Workshop Participants

In this workshop we fuse meditation, coaching, and personal inquiry.



Half-day Retreats at the Karuna Cottage

Dates: Saturday, July 31st and Saturday, August 28th

Time: 8 am - 2 pm

Location: In-person retreats; Karuna Cottage 3215 NW 17th Street Gainesville

Limit: 10 participants

A new season has begun for many of us...A chance to carefully emerge from the comfort of our home environment into the summer sunshine, the lush gardens, the inviting waters and into the shady forests and the cool mountains....To meet with dear friends and family, to connect with our sangha sisters and brothers... And to sit together at Karuna Cottage! (welcome are those who are fully vaccinated).

In Nancy's own words "Retreats are so very valuable, in my opinion. To spend a few hours or a day or weekend or weeks dedicated to finding peace and love within, identifying, investigating and allowing for all of our habits, our reactivity. We give them space to breathe, to release, to move on down the river of life. We slowly grow with greater wisdom and ease. As we know, cultivating compassion for ourselves allows us to be at greater peace in this wild world, and to offer compassion and small or large acts of kindness to others, to stand up for what is right in a way that creates bridges and not walls....well that's a pretty darn good reason to dedicate time to practice beyond the limit of our daily sits."

Retreat Schedule:

- Tea, coffee and check in at 8 am
- 30 minute sit together
- Group walk to the creek
- Self-guided practices (9:30 and 11:30 am)
- Lunch (11:30 am - 12:15 pm)
- Walking meditation until 12:45
- 30 minute meditation sit until 1:15

- Sharing our day and deep listening together until 2 pm

Registration: Email Nancy Lasseter (nancylasseter@gmail.com) to reserve your spot and select which retreat(s) you like to attend. Suggested donation (dana, gift) is between \$35 - \$50 per retreat. You can pay cash/check on arrival or via PayPal: <http://nancylasseter.com/karuna-cottage/>.

The **Karuna Cottage** is a local community center and any support is greatly appreciated to keep Karuna open after more than a year of COVID hardship.

Nancy Lasseter

M.Ed.,Ed.S., Licensed Mental Health Counselor, Wellness Educator, UF Shands Arts in Medicine, Integrative Therapies, and Member of UF Mindfulness.



A Micropractice Offering

Small acts of mindfulness integrated throughout your day can prove helpful for staying grounded and connected in daily life. Here's a simple practice to consider.



Take one deep breath in and one deep breath out before picking up your phone when it rings or beeps reminding you of an incoming call or text message. Ask yourself what's most important in that very moment - being present to your breath, the incoming message, or something else? Create a moment of spaciousness, a gap, a kind of "mini-second reflection". Then act what makes sense in that moment. Perhaps in the next moment you keep breathing and relaxing or you engage and habitually pick up the smart phone. Bringing conscious awareness to each moment can yield surprising insights and outcomes.

Meditations for Spanish-speaking UF Faculty, Staff, and Students

<https://youtu.be/2jE1F5jswa4>
https://youtu.be/o-K6E_wRtX0



These meditations were created by Isabel Rayo.

Isabel Rayo is a UF doctoral student in Counseling and Counselor Education with an emphasis in Marriage and Family Counseling. She is a native of Mexico City, and has been working and developing her skills as a counselor in her home country for over 15 years. She completed a Bachelor's degree in

Psychology in 2006. She subsequently earned a specialization in psychoanalysis; her commitment to professional and personal growth continues. In 2010, Isabel was awarded a scholarship for a Master's degree in Systemic and Postmodern Therapy from CONACYT (Mexican National Council of Science and Technology). Additionally, she earned a diploma in Thanatology in 2018. The methodologies and epistemologies acquired have enriched her professional life, living, and understanding of counseling through a variety of theoretical frameworks. Isabel has practiced with diverse client presentations, including domestic violence, infidelity, divorce, anxiety, depression, communication problems, the life cycle of the individual and the family, among others. She has over 12,000 hours of experience providing counseling services, including being supervised, clinical therapy, co-therapeutic activities, group therapy, and reflective and collaborative teamwork. Her current doctoral journey is broadening her world's vision by being immersed in a breadth and depth of diverse experiences and cultures.

"Meditation provides a way of learning to let go and let be."

Mindfulness and Relaxation Video UF-CWC

Recordings from the UF Counseling and Wellness Center (UF-CWC)



What is Somatic Meditation?

Somatic knowing is the capacity to view life from within the body. Meditations that stress a somatic approach are body scans, whole-body breathing, mindful awareness of the whole body, or earth descent. Other somatic-oriented practices that focus on body movements and body awareness are

for example yoga, tai chi, and qi gong. The body beholds things directly and through *somatic awareness* we can experience and perceive ourselves more directly. In other words, we shift our attention away from thoughts toward the body that is the human vessel in which we live and experience ourselves with the whole kaboom of feelings and emotions.

In *somatic meditation* the meditator immerses completely in the body to subjectively experience the totality of what is as an immediate, spontaneous, nonconceptual apprehension. One becomes fully aware of one's body and what arises within the body, for example, sensations, tensions, temperature, feelings, and perceptions that may allow to see with more clarity, and perhaps even some wisdom.

Somatic awareness involves witnessing "from within" in an ongoing communication between the body and mind, between the inner world and outer world which sometimes is perceived as drama, comedy, painful, "not meeting my personal expectations", or fill in the blanks. *Body awareness* is a complex construct with a variety of facets, such as *somatic memory* which may hold traumatic memories, childhood and adult experiences, beautiful joyful experiences, and many more. Some say that the unconscious is the body as a storehouse of memories engrained in our cells, DNA, nervous system, psychological structure, and neural brain patterns.

The distinction between *body* and *soma* hints at differences between concrete empirically observable things (such as brain patterns, organs, blood, nervous system) and a living body as a source of spiritual insights—soul, spirit, divine, mystical, or something we cannot fully explain and understand. Merleau-Ponty stressed that the subjective, somatic, and deeply personal "lived experience" contrasts the view of the body as a measurable object. Somatic meditation allows us first-hand to explore on our own our bodies or soma and embody more fully what we find.

Greater Good Science Center

The Center is located at the University of California, Berkeley and offers many resources - articles, videos, podcasts, and keys to well-being such as mindfulness, compassion, diversity, gratitude, altruism, social connection, empathy, purpose, awe, forgiveness, and happiness.



<https://greatergood.berkeley.edu/>

UF Mindfulness Resources (Canvas): 360 Mindfulness

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, coordinate mindfulness sessions and teachings - consider a donation. Giving is a compassion practice.

Contribute to the Next UF Mindfulness Newsletter

If you like to include an announcement, a meditation recording, or writing piece related to mindfulness in the UF Mindfulness newsletter please submit it along with an image or photo to mindfulness@ad.ufl.edu.



UF Mindfulness Program

 Facebook

 @Sacred_swamp

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

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