

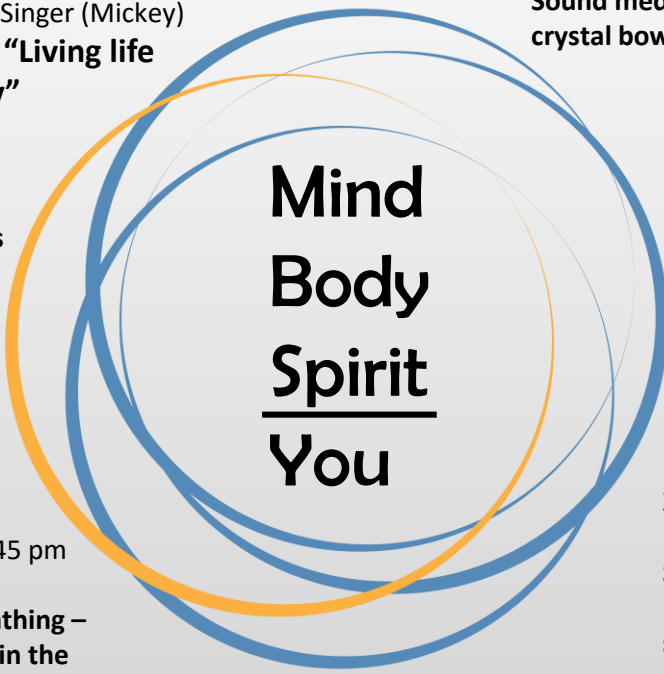
UF Mindfulness Day 2016

“Integrating Mindfulness in Life”

Sept. 26, 2016 in the UF Smathers Library (Library West) Rm 100

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

Join any of the practice sessions focused on mindfulness and contemplation, performances and talks at the UF Mindfulness Day. They are free and open to everybody at UF and the general public. Share mindful moments with others. Enrich your learning, teaching, and research experiences through mindfulness. Bring your yoga mat, tarp, cushion/pillow; a friend; and a smile. This year’s theme features how we can bring mindfulness into our daily life and enhance well-being, learning performance, health, neural functioning and gain emotional and cognitive benefits. Mindfulness is a life skill allowing you to realize your dreams and live life to the fullest.



**Mind
Body
Spirit
You**

8:45 am – 8:50 am
Sabine Grunwald
Welcome

8:50 am – 9:30 am
Cindy Bergbauer
Sound meditation – The crystal bowl concert

9:35 am – 10:25 am
Jan Snyder
Sitting meditation

10:40 am – 11:30 am
Jennifer Alonso
Mindfully meditating with the body

11:45 am – 12:00 pm
Zachary (Zach) Brook Boudier Pindar
Student perspective: “How mindfulness can enhance student life”

12:00 pm – 12:45 pm
Nancy Lasseter
Qigong / gentle body movement

12:50 am – 1:40 pm
Louis A. Ritz
*** Keynote: “Meditation, wellness, and the brain”**

4:30 pm – 6:00 pm
Michael A. Singer (Mickey)
*** Keynote: “Living life mindfully”**

4:00 pm – 4:15 pm
Angela Lindner
*** Interweaving mindfulness into the higher education experience**

3:00 pm – 3:50 pm
Kim Holton
Yoga

1:55 am – 2:45 pm
Keri Johnson
Mindful breathing – mindfulness in the classroom

* *Live stream event links:*

Part 1 (12:50-1:40) - <https://mediasite.video.ufl.edu/Mediasite/Play/af6cd03f01744365b5a8aab9a03830a11d>

Part 2 (4:00-6:00) - <https://mediasite.video.ufl.edu/Mediasite/Play/f679845b19484801ba8a62c0da9dca831d>

Support UF Mindfulness with a donation: <https://mindfulness.ufl.edu/> or <https://www.uff.ufl.edu/OnlineGiving/FundDetail.asp?FundCode=020531>.

All teachers, performers, speakers, facilitators and organizers of the UF Mindfulness Day offer their time, expertise and service for free in the spirit to bring mindfulness to the UF community.