




UF Mindfulness Day 2016

“Integrating Mindfulness in Life”

Sept. 26, 2016 UF Smathers Library Rm 100



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.

Times	Teacher / Facilitator	Sessions
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.		
8:45 am – 8:50 am	Sabine Grunwald , Ph.D. Professor and leader of UF Mindfulness	Welcome to the UF Mindfulness Day
8:50 am – 9:30 am	Cindy Bergbower	Sound meditation – The crystal bowl concert 
9:35 am – 10:25 am	Jan Snyder , Ph.D. Clinical Psychologist, Teacher of Meditation and Mindfulness Practices; Courtesy Clinical Assistant Professor in the Department of Psychiatry, University of Florida, College of Medicine. 	Sitting meditation 

10:40 am –
11:30 am

Jennifer Alonso, Ph.D.
Psychologist at the
Counseling and Wellness Center



Mindfully meditating with the body

Learn and practice somatic techniques to deepen your mindfulness practice by using the body to gain self-understanding and as an anchor to the present moment.

11:45 pm –
12:00 pm

Zachary (Zach) Brook Boudier Pindar, OTS
Masters in Occupational Therapy UF '17,
Student Ambassador UF Mindfulness.



Student perspective: “How mindfulness can enhance student life”

12:00 pm –
12:45 pm

Nancy Lasseter, M.Ed., Ed.S.



Qigong / gentle body movement

12:50 pm –
1:40 pm

Louis A. Ritz, Ph.D.
Dept. of Neuroscience, College of Medicine
McKnight Brain Institute

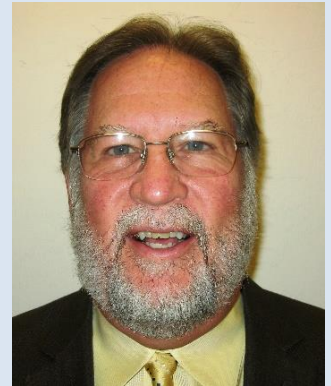
Louis A. Ritz, Ph.D. is on the faculty of the Department of Neuroscience, within the University of Florida College of Medicine and the McKnight Brain Institute. In recent years Dr. Ritz has focused on medical and graduate education. He is the co-course director for Clinical Neuroscience, taken by second year medical students, and is co-author of the textbook “Medical Neuroscience”.

He was selected, based on an Educational Portfolio, as a member of the College of Medicine’s “Society of Teaching Scholars” in 2006. At the University of Florida he also is Director of a campus-wide Center for Spirituality and Health, which offers workshops, academic programs, and interdisciplinary research ventures exploring the impact of spirituality on health. For the undergraduate Honors Program Dr. Ritz directs two courses, “Spirituality and Health” and “Neurotheology.”

Keynote: “Meditation, Wellness, and the Brain”

Introduction by Ana Puig

In today’s talk, Dr. Ritz will present an overview of meditation including some of the health benefits. The role of mindfulness – of being present – in stress reduction will be discussed. The emerging “science of meditation”, based on modern neuroscientific methods, will be introduced. Neural networks thought to be important in attention and in mind-wandering will be presented. The concept of training our mind/brain circuits to alter our behaviors and ultimately to improve our lives will be highlighted.



1:55 pm –
2:45 pm

Keri Johnson, Ph.D.
Student, Counselor
Education, Counseling
Intern, Counseling and
Wellness Center



Mindful breathing – mindfulness in the classroom

Learn how to offer and engage in a mindful breathing practice suitable for an academic setting, in order to help support students in remaining present and attentive throughout your weekly time together.

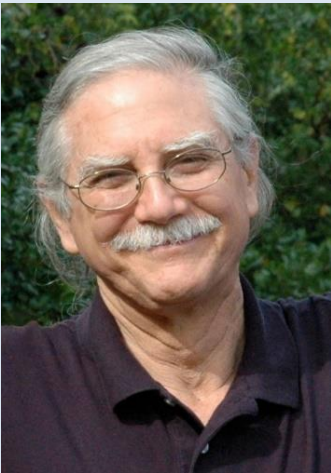
3:00 pm –
3:50 pm

Kim Holton, Ph.D.
Health Promotion
Specialist, UF Office
of Human Resource
Services



Yoga



4:00 pm – 4:15 pm	<p>Angela Lindner, Ph.D. Associate Provost for Undergraduate Affairs</p>	<p>Interweaving Mindfulness into the Higher Educational Experience</p>
4:30 pm – 6:00 pm	<p>Michael A. (Mickey) Singer</p> <p>Michael A. Singer (Mickey) is the author of the <i>New York Times</i> bestsellers: <i>The Untethered Soul</i> and <i>The Surrender Experiment</i>. He had a deep inner awakening in 1971 while working on his doctorate in economics at UF and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a now long-established yoga and meditation center where people of any religion or set of beliefs can come together to experience inner peace. He is also the creator of a leading-edge software package that transformed the medical practice management industry, and founding CEO of a billion dollar public company whose achievements are archived in the Smithsonian Institution. Along with his more than four decades of spiritual teaching, Michael has made major contributions in the areas of business, education, healthcare, the arts, and environmental protection.</p>	<p>Keynote: “Living Life Mindfully”</p> <p>Introduction by Sabine Grunwald</p> <p>There are many popular techniques for practicing <i>mindfulness</i>, such as meditation and yoga. These practices are very effective, but how do you actually integrate mindfulness into your everyday life? Michael Singer will discuss the tremendous impact of living each moment of your life with complete mindful awareness. Oprah said of Singer’s <i>The Untethered Soul</i>, “It’s what I give to everybody who wants to have a better life.” Come and learn from Michael how to transform your life through mindfulness.</p> 
6:00 pm	Closing	

<https://mindfulness.ufl.edu>
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