



Mind and Culture  
**UF Mindfulness Day 2017**

Sept. 25, 2017

UF Campus - Reitz Union, Room 3315 and 3320

Times	Reitz Union Room 3315	Reitz Union Room 3320
8:20 – 8:30 am	<b>Warm welcome to the 2017 UF Mindfulness Day</b>	
8:30 – 9:20 am	<b>Gratitude and love: Nourishing our lives together</b> Nancy Lasseter	<b>Morning Yoga</b> Kim Holton
9:35 – 10:25 am	<b>Self-transformation and Buddhism</b> Rakshit Sinha, Katsutoshi (Toshi) Mizuta, and Abe Uccello	<b>Mindfulness and political discourse: How do <i>Red</i> and <i>Blue</i> have a conversation?*</b> Jan M. Snyder
10:40 – 11:30 am	<b>Multicultural mindfulness: Compassion for self and others</b> Emi Lenés and Ana Puig	<b>Cultural digital paranoia and mania – How can we find silence in a world of noise?*</b> Sabine Grunwald
11:45 – 12:35 pm	<b>Awakened living</b> David Raya Contreras	<b>Mindful forgiveness: How letting you go sets me free*</b> Ana Puig and Emi Lenés
12:50 – 1:40 pm	<b>Mindful parenting</b> Shana Smith and Ana Puig	12:50 – 1:05 pm <b>Mindfulness and UF campus culture</b> Joe Glover
1:55 – 2:45 pm	<b>Building community resiliency through mindfulness</b> Teresa Drake	1:05 – 2:45 pm <b>Workshop: “Choosing love: Finding peace within the eye of the storm”.</b> Moderators: Robert Hutchinson, Katie Fields, Monika Ardel, and Philip Daniels
3:00 – 3:50 pm	<b>Socially-engaged mindfulness</b> Carol Lewis	3:00 – 4:55 pm <b>Two hour Intensive Mindful Practice of Patanjali’s Ashtanga Yoga*</b>
4:05 – 4:55 pm	<b>Embodied meditation</b> Roberta Seldman and Tina Tannen	Invited Guest Teacher – Gurudev Shri Amritji (Yogi Amrit Desai)
5:10 – 6:30 pm	<b>Keynote (Room 3320)*</b> <b>Body maps of attention: How a whole person approach may inform the neuroscience of mindfulness</b> Glenn Hartelius, Ph.D., Director of the Integral and Transpersonal Psychology Program in the School of Consciousness and Transformation, California Institute of Integral Studies, San Francisco, CA. <b>Live stream link:</b> <a href="https://mediasite.video.ufl.edu/Mediasite/Catalog/Full/25020ca6474f4932a631f1cd3c42e1de21">https://mediasite.video.ufl.edu/Mediasite/Catalog/Full/25020ca6474f4932a631f1cd3c42e1de21</a>	

\* Sessions will be recorded and posted at <https://mindfulness.ufl.edu/> after the event.