UF Mindfulness Day 2017
Sept. 25, 2017
Reitz Union, UF campus
Room 3315 and 3320

Organized by the UF Mindfulness Team.

Contributions by the UF Center for Spirituality and Health, UFHR, World Peace Buddhist-Soka Gakkai International-USA UF student club, MOR Meditation UF student club, River Phoenix Center for Peacebuilding and the Gainesville Retreat Center.
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<th>Times</th>
<th>Reitz Union Room 3315</th>
<th>Reitz Union Room 3320</th>
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<tr>
<td>8:20 – 8:30 am</td>
<td>Warm welcome to the 2017 UF Mindfulness Day.</td>
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<td><strong>Nancy Lasseter</strong>, M.Ed., Ed.S., Licensed Mental Health Counselor. Core Member of UF Mindfulness.</td>
<td><strong>Sabine Grunwald</strong>, Ph.D., Director UF Mindfulness and Professor, CALS.</td>
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<td>8:30 – 9:20 am</td>
<td><strong>Gratitude and love: Nourishing our lives together.</strong></td>
<td><strong>Morning Yoga.</strong></td>
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<td>Abstract: Shifting our attention to acknowledgement and sharing of what is positive in our lives.</td>
<td>Abstract: Experience the practice of yoga as meditation. This experiential session, appropriate for any level of experience, will guide you through a series of postures with a focus on breath and bodily sensations to anchor the mind in the present.</td>
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<td>9:35 – 10:25 am</td>
<td><strong>Self-transformation and Buddhism.</strong></td>
<td><strong>Mindfulness and political discourse: How do Red and Blue have a conversation?</strong></td>
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<td>Abstract: Self-transformation achieved through Buddhist practice involves breaking the shackles of our ego-centered “lesser selves” and revealing our “greater selves,” wherein we experience deep compassion evoking joyfully taking action for the sake of others, and ultimately, all humanity.</td>
<td>Abstract: Most all of us in the U.S. have felt challenged recently to know how to engage in discussion with people who have opposing political views. Anger, frustration and judgment seem to pervade our discourse, and make it difficult to know how to truly engage. We lapse into “We are good, they are bad” thinking, which leaves us in a stalemate, isolated from one another. In this discussion, we take a look at a practice called “Opponents Practice” which can offer a way out of this dualistic model.</td>
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<td>10:40 – 11:30 am</td>
<td><strong>Multicultural mindfulness: Compassion for self and others.</strong></td>
<td><strong>Cultural digital paranoia and mania – How can we find silence in a world of noise?</strong></td>
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<td><strong>Emi Lenes</strong>, UF Doctoral Candidate, PACE Counselor/Site Host. Member UF Mindfulness and <strong>Ana Puig</strong>, Ph.D., Scholar &amp; Research Director, College of Education; Core member UF Mindfulness</td>
<td><strong>Sabine Grunwald</strong>, Ph.D., Director UF Mindfulness and Professor, CALS.</td>
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<td>Abstract: With everything happening in our shared world right now, this is a crucial time to heighten our multicultural consciousness. Wisdom can emerge when we cultivate inward and outward compassion, while</td>
<td>Abstract: Are we hooked to the machine? Smartphones, social media, online chats, and 24/7 checking of incoming text messages and emails. We live in a digital world that imposes a grip on us. Digital amnesia in the</td>
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embracing the vastness of various perspectives. Participants will be engaged in a self-reflective group process where we can cultivate intra as well as interpersonal cultural awareness. An experiential mindfulness meditation will be shared, and participants will have the opportunity to creatively express responses. No previous art and meditation experience is needed. We will invite our inner critics (our fierce inner protectors) to relax with us in a courageous and sacred space.

| 11:45 – 12:35 pm | Awakened living.  
**David Raya Contreras**, President of the MOR meditation UF student club.  
*Abstract:* What does it mean to live an awake life? How can we practice being awake and mindful in the world, at school, and home? Many times we are “not-so-awake” and distracted by the media, fast-paced living, stress in the classroom, cultural change, and .... the list is long. In this student facilitated session we will explore how meditation practice supports awakened living. |

| 12:50 – 1:40 pm | Mindful parenting.  
**Shana Smith**, M.S., Author "Meditation for Moms & Dads," Director Gainesville Retreat Center and **Ana Puig**, Ph.D., Scholar & Research Director, College of Education; Core member UF Mindfulness and **Emi Lenes**, UF Doctoral Candidate, PACE Counselor/Site Host. Member UF Mindfulness.  
*Abstract:* Meditation and mindfulness practices have long been the domain of the child-free seeker. Time and again, fellow parents lament about their lack of time to do even basic self-care, never mind meditation. This sense of lack feeds into the concept that a sincere, regular, mindfulness practice cannot co-exist with parenthood. This session will turn such a concept upside down with a fresh attitude: mindfulness is a wonderful and essential tool for navigating the dynamic journey of parenting, both on and off the cushion. This session will explore how a subtle shift in approach can bring mindfulness back into your life even as a busy parent/caregiver, offer tools for establishing or re-establishing your practice, and leave time for parents to ask questions and share personal stories and wisdom. |

| 12:50 – 1:05 pm | Mindfulness and UF campus culture.  
**Joe Glover**, Provost UF. |
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| 1:55 – 2:45 pm | **Building community resiliency through mindfulness**  
**Teresa Drake**, JD. Director, Intimate Partner Violence Assistance Program Virgil Hawkins Civil Clinic Visiting Legal Skills Professor, University of Florida Levin College of Law  
**Abstract**: The Community Resiliency Model (CRM) involves 3-6 mindfulness skills, rooted in science that help individuals and communities rebalance in body and mind. |
| 1:05 – 2:45 pm | **Workshop: Choosing love: Finding peace within the eye of the storm.**  
In this workshop we will explore peaceful pathways for community development seen through different lenses – politics, local and regional communities (Gainesville, Florida and southeastern U.S.), UF faculty and staff, and UF students. How can we bring love and peace into “stormy” and antagonistic conversations in times of profound changes in higher education, financial and social systems, health care, global climate change, and more.  
4 **Community Conversations**:  
1) **Politics of Peace** - Moderator – **Robert Hutchinson**, County Commissioner Alachua County *(invited)*  
2) **Community Peacemaking** - Moderator – **Katie Fields**, River Phoenix Center for Peacebuilding *(invited)*  
3) **UF/ UF Health Faculty Peace** - Moderator – **Monika Ardelt**, Ph.D., Professor, CLAS and Core Member of UF Mindfulness.  
4) **UF Students Peace** - Moderator – **Philip Daniels**, Ph.D. student *(invited)* |
| 3:00 – 3:50 pm | **Socially-engaged mindfulness.**  
**Carol Lewis**, Ph.D. MPH CPH, Clinical Associate Professor, UF Department of Psychiatry.  
**Abstract**: Research evidence shows us that engaging in mindfulness practices on a regular basis produces many benefits in body and mind. Are these benefits being shared and taught across diverse cultures within our communities? In this session, we will explore issues such as who is practicing mindfulness, efforts to promote diversity in exposure to mindfulness skills, and how to take these practices out into our world. We will problem-solve about ways to promote social justice within the mindfulness community to create socially-engaged mindfulness practitioners. |
| 3:00 – 4:55 pm | **Two hour Intensive Mindful Practice of Patanjali’s Ashtanga Yoga.** *  
**Invited Guest Teacher** – **Gurudev Shri Amritji (Yogi Amrit Desai).**  
**Abstract**: Bringing mindfulness to the practice of Patanjali’s Ashtanga Yoga aids in the removal of stress, which is what prevents us from accessing clarity of mind, intuitive insights and efficiency. The subtle root cause of stress remains invisible, only to surface visibly in the form of physical, mental, and emotional health problems. The mindful practice of yoga helps remove the toxic root cause, empowering us to manifest our dreams and desires into reality. This workshop will include a lecture, Q&A and meditative experience.  
Since 1960, Gurudev Shri Amritji *(Yogi Amrit Desai)* has been repeatedly honored for playing a most
### 4:05 – 4:55 pm

**Embodied meditation.**

Robert Seldman, Ph.D., Licensed Psychologist, UF Counseling and Wellness Center and Tina Tannen, Ph.D., Licensed Mental Health Counselor, UF Counseling and Wellness Center.

*Abstract:* Healing through psychotherapy and meditation. This workshop will focus on the healing dynamic of meditation and therapy and how they work hand in hand to foster deep personal growth and healing.

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### 5:10 – 6:30 pm

**Keynote Speaker * (Room 3320)**

**Body maps of attention: How a whole person approach may inform the neuroscience of mindfulness.**

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.

*Abstract:* Mindfulness meditation involves a change in state of consciousness that may not be adequately captured by cognitive definitions. Yet state of consciousness remains a problematic construct given the fact that correlations between mental actions and neural measurements are typically poor or nonexistent. Phenomenal markers of attentional posture—that is, specific sensate cues within lived experience that indicate where the experience of attention arises in within the body—may be a way to describe and control for states of consciousness, including mindfulness. Pilot work using EEG measurement of attentional postures suggests that phenomenal markers may correlate with neural measurement more sensitively and reliably than other approaches to date. This approach may offer a way to develop measurable definitions of states of consciousness, which in turn may open entirely new domains for research—especially into whole person approaches to psychology.

Glenn Hartelius is focused on bringing whole person approaches closer to neuroscience. His concept of what attention is and how to manage it within oneself is designed to simplify complex skills such as meditation, sustained focus, and leadership presence. He is Founding Director of a new online PhD program in Integral and Transpersonal Psychology at the California Institute of Integral Studies (CIIS) in San Francisco, where he serves as Associate Professor for the East-West Psychology Department. He is also leading an initiative to develop a new research facility at CIIS for research in whole person neuroscience. Glenn is the main editor for the *International Journal of Transpersonal Studies*, a peer-reviewed academic journal. He is also co-editor of *The Wiley-Blackwell Handbook of Transpersonal Psychology*, and Secretary of the International Transpersonal Association. His research on the definition and scope of transpersonal psychology has helped to define the field.

**Live stream link:** [https://mediasite.video.ufl.edu/Mediasite/Catalog/Full/25020ca6474f4932a631f1cd3c42e1de21](https://mediasite.video.ufl.edu/Mediasite/Catalog/Full/25020ca6474f4932a631f1cd3c42e1de21)

* Sessions will be recorded and posted at [https://mindfulness.ufl.edu/](https://mindfulness.ufl.edu/) after the event.