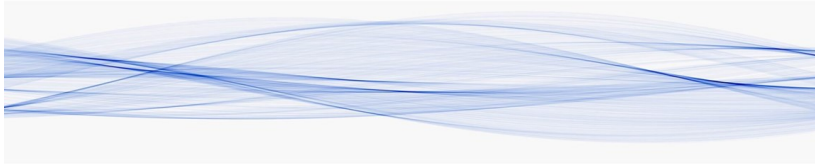
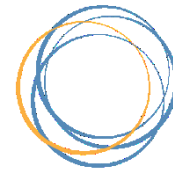


Mindfulness Wave



Ride the mindfulness wave. Teachings for students, faculty members, instructors, researchers, staff members, and administrators. For each college at UF mindfulness teachings (1-2 hours) will be offered by team members of UF Mindfulness on a rotational basis among the 16 colleges in 2016. Teachers and instructors will learn how to integrate mindfulness into their classroom and/or online teachings. The benefits of mindful classrooms are manifold entailing cognitive, emotional and bodily benefits to learners and instructors. Students can learn how to enhance learning, productivity, health and well-being with mindfulness practices (e.g., reduce exam anxiety, enhance emotional resilience in stressful situations, such as class presentations). Researchers may benefit from mindful communication, collaboration and listening to spark creativity and achieve the highest potential for successful proposal development, harmony in research teams, and authentic leadership.



uf mindfulness

Schedule in February

- Feb. 9, 2016: 12:00 am - 1:00 pm, Rare Book room, Levin College of Law by Teresa Drake.
- Feb. 19, 2016: 10:40 am - 11:30 am, MAT 103, Warrington College of Business by Jan Snyder.
- Feb. 22, 2016: 10:40 am - 12:35 pm, FLG 0245, College of Health and Human Performance by Sabine Grunwald.
- Feb. 23, 2016: 11:50 am - 12:55 pm, room 122, Frazier Rogers Hall, Agricultural and Biological Engineering Dept., CALS by Nancy Lasseter and Sabine Grunwald.
- Feb. 24, 2016: 11:00 am - 12:00 pm, 1331 Norman, College of Education by Ana Puig.
- Feb. 26, 2016: 11:40 am - 12:30 pm, College of Agricultural and Life Sciences, Room 3096, McCarty Hall by Sabine Grunwald.

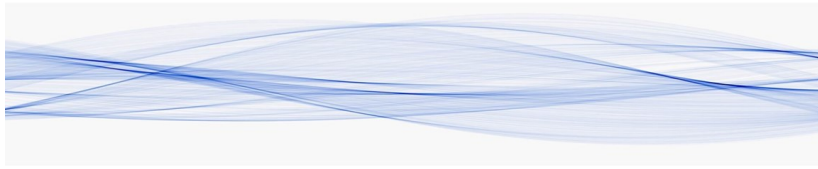
<https://www.facebook.com/MindfulnessUF> (FB: UF Mindfulness)

Twitter: @Sacred_swamp

Email: mindfulness@ad.ufl.edu

<https://mindfulness.ufl.edu>

Mindfulness Wave



Schedule in March

- March 11, 2016; 1:30 pm - 3:00 pm, Facilities Administration building (FAB) education room by Jan Snyder.
- March 16, 2016; 1:00 pm - 2:30 pm, Dauer 219, College of Liberal Arts and Sciences by Sabine Grunwald and Monika Ardelt.
- March 23, 2016; 11:00 am - 12:00 pm, Fine Arts Building C (FAC) 118 College of Arts by Ana Puig.
- March 25, 2016; 11: 00 am - 12: 00 pm, Facilities Administration building (FAB) education room by Ferdinand Lewis.
- March 29, 2016; 2: 30 pm - 4: 00 pm, Facilities Administration building (FAB) education room by Ferdinand Lewis.

Schedule in April

April 13, 2016; 11:00 am - 12 00 pm, Fine Arts Building C (FAC) 118, College of Design, Construction and Planning by Ana Puig.

**Few additional dates for other colleges will be posted. Stay tuned!

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