



## ***News UF Mindfulness Program, Sept. 2024***



### **360° Mindfulness Workshop - Practice Mindfulness**

The 2024 fall semester workshop series will be a combination of both online and in-person gatherings. This series will run from Monday, Sept. 9 through Monday, Dec. 2. The meeting time is **5:30 - 6:30pm Mondays** for all sessions.

We will meet **online via Zoom** for all sessions except Oct. 14 & 21. Our **two in-person sessions** will be held at the UF Field & Fork Farm and Gardens (<https://fieldandfork.ufl.edu/about/getting-here-2/>), located at 2656 Museum Drive, Gainesville FL 32611 (Building 503), on the north side of Museum Drive, across from Lake Alice and adjacent to the Bat Houses. Free parking (no parking pass needed after 3:30pm) is available in the lot next to the building.

By providing your information to register, you will receive weekly emails to remind you of the upcoming session with details of the session content. A Zoom link will be provided in the weekly email for online sessions, and details on location and parking will be sent for in-person sessions.

Sessions are free of charge. **Donations to the UF Mindfulness fund (UF Foundation)** are greatly appreciated to keep our efforts moving forward.

- **September 9:** Are you suffering from techno-stress? Practice Mindfulness with Sabine Grunwald
- **September 16:** Accepting Ourselves as We Are with Carol Lewis
- **September 23:** Fundamentals of Somatic Meditation with Dave Kotinsley
- **September 30:** Yoga Anywhere: Mindfulness through Movement with Natalie Nix
- **October 7:** Silence, Stillness and Generosity: Doors to our True Nature with Paul Linn

- **October 14:** In-Person: Nia Mindful Movement with Sarit Sela
- **October 21:** In-Person: Being in Nature with Nina Stoyan-Rosenberg
- **October 28:** Mindful Creativity: The Power to Create in Any Dimension with Maria Leite
- **November 4:** Weathering Uncertainty: The Roles of Resilience and Mindful Presence during Stressful Times with Ana Puig
- **November 18:** Donghua Chan Static Yoga (Silent Meditation) with Yao-Chin Wang
- **December 2:** Mindful Moments as We Experience Milestones with Emi Lenes

## Registration 360° Mindfulness



### Art & Mindfulness

Join us for mindfulness meditation practice at the [Harn Museum of Art](#). The **in-person practices** are facilitated by members of the

[UF Mindfulness team](#). Sessions are FREE of charge and open to the general public and the UF community.

Sessions (Saturdays, 10-11 am) and registration links:

- Sept. 28: Nia Mindful Movement with Sarit Sela (guest teacher). [Register](#)
- Oct. 26: Sound Meditation with Kim Holton (Asian Wing, Harn). [Register](#)
- Nov. 16: Cultivating Compassion with Jan Snyder. [Register](#)
- Dec. 7: Thoughts in the Cloud with Sabine Grunwald. [Register](#)

*"Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it." --- Eckhart Tolle.*





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