



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

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