



uf mindfulness

Newsletter. January 2025 Edition

10-Year Anniversary of UF Mindfulness

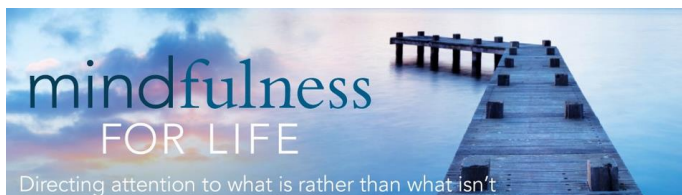
The first mindfulness and yoga waves started in America in about 2014 and inspired millions to engage in mindful breathing practices to relax and de-stress. Mindfulness at UF and other U.S. universities at that time was literally absent. Meditation was practiced only by few spirited souls who may have travelled to the East and eclectics. Jon Kabat-Zinn was pivotal to popularize mindfulness in the U.S. as a stress-reduction method in the medical and health industry (Mindfulness-based Stress Reduction, MBSR). He defined mindfulness as “Paying attention in a particular way, on purpose, in the present moment and non-judgmentally”.



10 years ago, in May 2015, the **UF Mindfulness Program** was launched by an interdisciplinary faculty team and a seed grant through the UF Creative Campus Initiative. The visionary UF Mindfulness Program has been mainly self-funded and draws on the generosity of faculty, staff members, and students who volunteer their time to sustain its three tiers: 1) Teaching and Practice, 2) Research, and 3) Student Development and Connection focused on mindfulness. Importantly, the UF Mindfulness Program has embraced a diversity of secular and non-secular mindfulness meditation and mind-body movement practices (e.g., MBSR, yoga, body scans, whole body breathing, tai chi, somatic meditation, compassion, creativity and visualization practices, vipassana).



A flair of positive psychology undergirds UF Mindfulness using positive affirmations and connecting to one’s inner world and the natural world. Mindfulness counters imbalances of work/study/technology and life prevalent in higher education. It also enhances mental and emotional regulation capacities and embodiment which are important for human flourishing.



Mindfulness as a life practice supports personal development opening space to discover **who we are** and **who we can be**. Mindful presence is about becoming more self and other aware, and as such, mindfulness practices enhance our personal fulfillment, becoming “our best self”, and making us successful in our profession and careers. Curricula and work descriptions often do not explicitly contain mindfulness training opportunities. Here they are offered as a gift to you through UF Mindfulness. You matter to us!

10-Year Anniversary of UF Mindfulness

Celebrate with us!

UF Mindfulness Retreat

When: April 5 (9:30 am to 4:30 pm)

Where: Barn in Alachua, close to Gainesville, FL.

The retreat invites you to calm your mind, enjoy mind-body practices and gentle body movement, marinate your senses in nature, reflect deeply, boost creativity, and let sounds touch your ears and heart.

Escape UF campus, classroom teaching, academic study, research, and work and family stresses for one day and rejuvenate yourself. The mindfulness retreat is open to UF affiliates and the general public. Novice and advanced mindfulness practitioners are welcome.

Deepen mindful presence through practice in a group setting guided by experienced mindfulness teachers.

Retreat info:

<https://www.ufmindfulness.org/retreats>

Chairs will be available for mindfulness practice. Bring your own meditation cushion, yoga mats, and brown bag lunch.



Registrations will open soon.
Seats are limited.



Workshops

360° Mindfulness Workshop

This series runs from Jan. 27 through April 21 on Mondays (5:30 to 6:30 pm). All sessions are online in Zoom. Novice and advanced mindfulness practitioners are welcome to attend—students, staff, faculty, and participants from the Gainesville / regional community.

Register for the whole semester series and 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.

[360° Program Information](#)

[Registration 360° Mindfulness Workshop](#) (register only once for all sessions in spring '25 semester).

Contact info: Kim Holton, Associate Director UF Mindfulness, Teaching & Practice. Instructional Assistant Professor
Email: mkholtan@ufl.edu

[UF Mindfulness Workshops, Spring semester '25](#)



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

Art & Mindfulness Workshop

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):

- *Jan 25: Nia Mindful and SloMo Movement with Sarit Sela.* [Registration link.](#)
- *Feb 22: Settling into Open Heart and Mind with Carol Lewis.* [Registration link.](#)
- *Mar 29: Resting in the Beauty of Acceptance with Kim Holton.* [Registration link.](#)
- *April 26: Cultivating Curiosity with Emi Lenes & Anthony Cortez.* [Registration link.](#)
- *May 24: Somatic Meditation and Gentle Embodied Movement with Sabine Grunwald.* [Registration link.](#)



UF Mindfulness



HARN MUSEUM OF ART

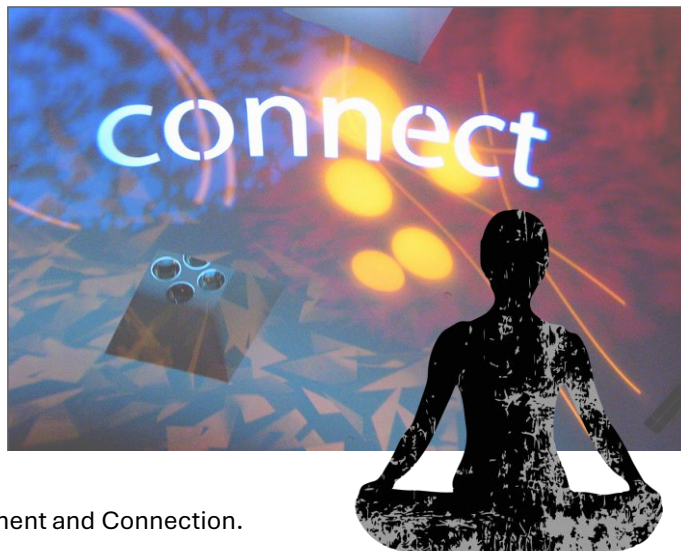


Image:
Indian Artist, 17th century, Garuda, the eagle mount of Visnu, copper alloy, 1990.8.6. Gift of the Estate of Thomas J. Needham. Harn Museum of Art.

New Student Development and Connection Advisory Board

If you would like to participate in shaping mindfulness at UF - This is for you.

The [UF Mindfulness Student Development and Connection Committee](#) is excited to announce the launch of the **UF Mindfulness Student Advisory Board** in the Fall of 2025. This Advisory Board will aim to increase awareness about mindfulness opportunities on campus and in the community, provide support for students and connection to mindfulness resources, help improve resource sharing regarding mindfulness, and more. We will be forming the Advisory Board this spring with the first meeting taking place in the Fall. Applications to be considered for the Student Advisory Board will be open March 10-31. Mark your calendars and keep an eye on future newsletters and our social media for more information.

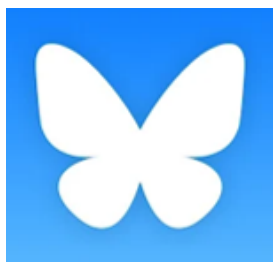


Contact info: Jennifer Kennymore Royer
Associate Director UF Mindfulness, Student Development and Connection.
Email: jkennymore@ufl.edu

Connect to UF Mindfulness on BlueSky



UF Mindfulness let go of X.



Connect with UF Mindfulness now on BlueSky:
<https://bsky.app/profile/ufmindfulness.bsky.social>

Bring positivity and goodness into the world by posting mindfully on BlueSky, opening to spaciousness and timelessness like experiencing a beautiful blue sky.



Blue sky from St. George Island, Florida over the ocean.

Best Paper Awards in Mindfulness 2025

Sponsored by:  uf mindfulness

Submissions are Now Open Until April 15, 2025

We invite submissions of publications in two categories:

(1) **Mindfulness Research:** Qualitative and quantitative evidence-based mindfulness research; mixed-methods studies; meta-analysis, and comprehensive review of mindfulness research studies.

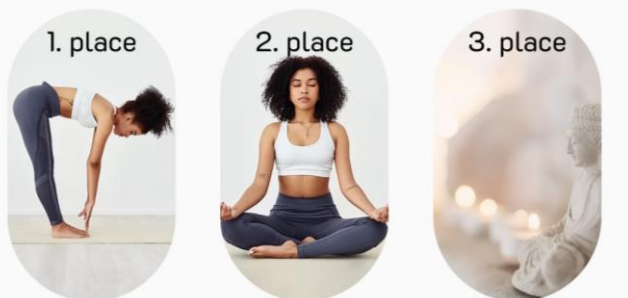
(2) **Conceptual & Experiential Mindfulness:** Theoretical studies about mindfulness, critical theory applied to mindfulness, mind-body practice applications, discussion of mindfulness meditation types/traditions, critical discussion of secular and non-secular mindfulness, Buddhist meditation practices, meditation case studies, mindfulness in education, teaching and practice of mindfulness, and mindfulness applications in counseling, coaching, or psychotherapy.

The submitted publications may include other topics besides mindfulness (e.g., AI, apps, mental health, wellness, wellbeing, human flourishing, tourism, spirituality, wisdom, Buddhism, or other). However, papers competitive for the 'Best Paper in Mindfulness Awards' are required to focus on advancing our understanding of mindfulness through empirical study, discussion, or intersection with other topics.

Make your scholarly publication known to the UF community and beyond.

Submission requirements, evaluation criteria, and submission form:
<https://www.ufmindfulness.org/bestpaper>

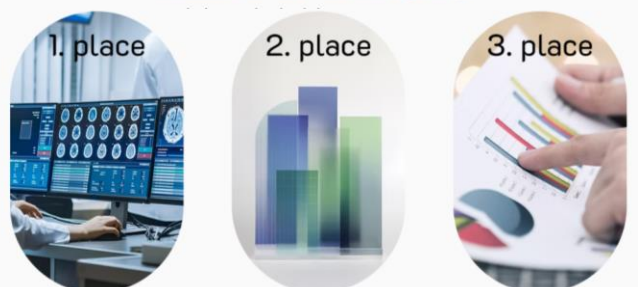
Best Paper Awards in Mindfulness — Conceptual & Experiential Category —



The awardees for **Best Papers ranked 1st, 2nd and 3rd place** will be invited to present their work to the UF community in form of a webinar or in-person seminar at the UF campus in fall semester 2025. Awardees will receive an award certificate and a warm-hearted recognition.

Multi-author teams or single UF authored publications are invited. For multi-authored papers at least one of the authors needs to be affiliated with UF. Authors may be faculty member, student, Post-Doc, scholar, scientist, or other representing diverse voices.

Best Paper Awards in Mindfulness — Research Category —



Mindfulness Makes a Big Difference with Young Ones

Mindfulness Community Outreach

Afterschool outreach mindfulness from the Harn in UF Mindfulness Socials. Saeë Bhavani Subramanian is teaching heartfelt mindfulness to kids.

Connecting to oneself empowers as Swami Vivekananda noted “All power is within you; you can do anything and everything”.

Mindfulness facilitator:

Saeë Bhavani Subramanian, MS (she/her)
Center for Arts in Medicine,
College of the Arts, University of Florida

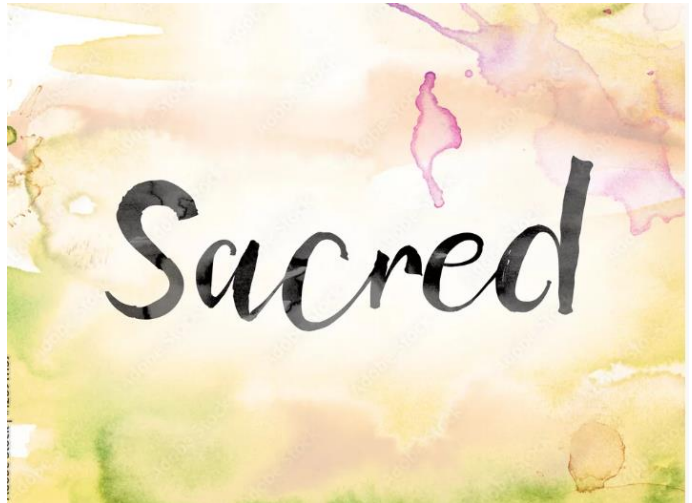


Poetry that Touches Deep

Now is the time to know

Now is the time to know
That all that you do is sacred.
Now, why not consider
A lasting truce with yourself and God?
Now is the time to understand
That all your ideas of right and wrong
Were just a child's training wheels
To be laid aside
When you can finally live
with veracity
And love.
Now is the time for the world to know
That every thought and action is sacred.
That this is the time
For you to compute the impossibility
That there is anything
But Grace.
Now is the season to know
That everything you do
Is Sacred

---- By: Hafiz ----



Special Mindfulness Nature Events



Wellness in Nature: Walk and Reflect

We will stroll around the NATL, exploring the area, finding wildlife, and using approaches from shinrin yoku— forest bathing—to relax in nature. We will finish with a reflective writing activity and sharing. Nina Stoyan-Rosenzweig will be your guide. Nina is an archivist and senior associate with the UF Libraries. She teaches medical humanities including narrative medicine, literature and medicine, the use of arts in developing observational skills, reflective writing and nature writing with a focus on history of medicine. All are welcome!

When: Tuesday Jan 28 & Feb 25, 5:45 – 6:45pm

Where: Natural Area Teaching Laboratory (NATL),

<https://natl.ifas.ufl.edu/>

Address: 1881 Natural Area Drive, Steinmetz Hall | Gainesville, FL 32611.

Contact info: Nina Stoyan-Rosenzweig nstoyan@ufl.edu



Register for these free events to receive details on parking and meeting location.

[Register for Jan 28](#)

[Register for Feb 25](#)

UF Student Therapeutic Horticulture Program

Come join us and the CWC for a FREE, weekly therapeutic horticulture program for students experiencing stress, anxiety, depression, or loneliness in the greenhouse of Wilmot Gardens!

- No plant experience required!
- Be part of an amazing community!
- Learn wellness strategies (and take home LOTS of plants!)
 - Free parking!
- 2 minutes from bus and Campus Connector stop!



SCAN TO SIGN UP!

Spring 2025 Sessions*

Tuesdays:
3:15 – 4:45 pm

Wednesdays:
9:45 – 11:15am
12:30 – 2:00pm
2:30 – 4:00pm

Thursdays:
11:45am – 1:15pm

*sessions are on a first-come, first-served basis and may not all be available

We grow, thanks to:



[Wilmot Botanical Garden Interest form](#)

What is Your Life Motto?

Change in Life's Motto

Create a world that meets your needs.

Needs for control, you recognize there is no control at all.

Create a world you desire.

Desire for what? Nothing really ever completely satisfies your desires.

Create a better world.

A world that appears as turning against you, again and again.

Consider this,

if everyone changes one person's life for the better, the whole world is better off.

If everyone co-creates together, the whole world is better off.

If everyone is mindfully present to what is, the whole world is better off.



UF Mindfulness Digital Footprint & Contact Info

Email: mindfulness@ad.ufl.edu

<https://ufmindfulness.org>

BlueSky: <https://bsky.app/profile/ufmindfulness.bsky.social>

FB: <https://www.facebook.com/MindfulnessUF>

Instagram: <https://www.instagram.com/ufmindfulness/>

YouTube: <https://www.youtube.com/channel/UCKakiiQwqpoTL1XlgZ28mQQ>

