

## “The First Ever UF MedMob”

Just show up and meditate with us!

**When:** Thursday, September 24, 2015 (noon-1:00 p.m.)

**Where:** UF campus, Plaza of Americas

**Who:** Open to students, staff, postdocs, faculty and administrators at UF as well as the general public

**What:** Help spark a mindful UF campus with the first ever UF MedMob\* (meditation flash mob)

**Bring your friends! Get comfy on a yoga mat, tarp, cushion, pillow or similar.**

The present moment contains past and future.

The secret of transformation, is in the way we handle this very moment.

-Thich Nhat Hanh-



\* MedMob is a Global Flash Mob Meditation Movement in which people gather to sit to meditate and be mindful, unifying to expand positivity to every walk of life. Every meditator comes with his or her own deepest intention for themselves, the community, and the world. MedMobs happen in highly visible places.

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**Any questions:**

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www.mindfulness.ufl.edu