

# The First Ever UF Mindfulness Day

Sept. 28, 2015

UF Library East Rm 100

(close to Plaza of Americas)



Kick-start of the UF Mindfulness project. Training and practicing sessions, performances and talks will offer a rich program on mindfulness. If you are a novice or long-term mindfulness practitioner come and join the events which are free for everybody at UF and the general public. Share mindful moments and your contemplative experiences with others. Enrich your learning, teaching, and research experiences through mindfulness.

The first 10 participants in each walk-in session at the Mindfulness Day will get a free T-shirt. Come early. Bring your yoga mat, tarp, cushion/pillow; and bring a friend.

Times	Teacher / Facilitator	Theme
8:20 – 8:30 am	Sabine Grunwald	<b>Introduction: Welcome UF Mindfulness Day</b>
Period 2: 8:30 – 9:20 am	Jan Snyder	<b>Why Meditate? Making Friends with our own Minds.</b> Talk & guided meditation
Period 3: 9:35 – 10:25 am	Tina Tannen	<b>Mindfulness: So You Don't Miss Out On Your Life!</b> Mindfulness practice to become more alive and compassionate
Period 4: 10:40 – 11:30 am	Cindy Bergbower	<b>Play of the Crystal Bowls</b> Performance
Period 5: 11:45 am – 12:35 pm	Teresa Drake	<b>Mindful Yoga</b> Blends breath and movement in the present moment
Period 6: 12:50 – 1:40 pm	Lizzie Lunior	<b>Guided Imagery Meditation</b>
Period 7: 1:55 – 2:45 pm	Nancy Lasseter	<b>Qigong</b> Breathing & deep relaxation of the body. Open blocked energy channels.
Period 8: 3:00 – 3:50 pm	Core team UF Mindfulness Project (Sabine Grunwald, Monika Ardel and Ana Puig)	<b>Learn about the UF Mindfulness Project</b> Be creative – be mindful – enhance your learning and live a deeply fulfilling life with clarity and wisdom.
4:00 to 4:15 pm	Nancy Lasseter	<b>Lovingkindness Meditation</b> Deep kindness to ourselves, to our loved ones, to difficult persons in our lives and to the world.
Period 9: 4:30 – 6:00 pm	<b>Michael 'Mickey' Singer,</b> author of New York Times Best Sellers "The Untethered Soul" and "The Surrender Experiment."	<b>Keynote Speaker</b> "Mindfulness as a Way of Life."
6:00 pm	<b>Closing</b>	<b>Mindfulness Day</b>

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