



April 1, 2019

J. Wayne Reitz Union, UF campus, Rooms 3315, 3320, and 2365.

Organized and Sponsored by the UF Mindfulness Interdisciplinary Team.

<https://mindfulness.ufl.edu> | Email: [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu) |

<https://www.facebook.com/MindfulnessUF> | Twitter: @sacred\_swamp.

Co-Sponsors: UF Center for Spirituality and Health; Create Student Club; MOR Student Club; and Gator Well.


The event is open to UF students, faculty, and staff as well as the public community.

No pre-registration is required, donations graciously accepted. Come early to get a seat in each session.

J. Wayne Reitz Union	
<b>Times</b>	
8:20 – 8:30 am	<b>Welcome UF Mindfulness Day.</b> Nancy Lasseeter (Room 3315) <b>Welcome UF Mindfulness Day.</b> Sabine Grunwald (Room 3320)
8:30 – 9:20 am	<b>Compassion Qigong.</b> Nancy Lasseeter (Room 3315) <b>Yoga and Compassion Meditation Practice.</b> Teresa Drake (Room 3320)
9:35 – 10:25 am	<b>Taking it to the Streets: Community Applications of Mindfulness.</b> Carol Lewis (Room 3315) <b>Cultivating Critical Social Justice Literacy: The Role of Embodied Teaching and Learning.</b> Elizabeth Bondy (Room 3320)
10:40 – 11:30 am	<b>The Power of Breath Control (Pranayama) and Meditation.</b> Nico Tuckfield and David Raya Contreras (Room 3315) <b>Modern Shamanism.</b> Robin M. Wright (Room 3320)
11:45 – 12:35 pm	<b>The Nuts and Bolts of Mindfulness Meditation.</b> UF Mindfulness team (Jennifer Martin, Jan Snyder, and Carol Lewis (Room 3315) <b>Multicultural Mindfulness.</b> Emi Lenes and Ana Puig (Room 3320)
12:50 – 1:45 pm	<b>Inner Empowerment and Outer Transformation: Interpersonal Mindfulness and Alternative Forms of Activism.</b> Sabine Grunwald (Room 3315) <b>Great Minds Sleep Alike.</b> Jennifer Kennymore (Room 3315)
2:00 – 5:30 pm	Free-style, playful, self-facilitated mindfulness meditation, heartfulness, and mind-body group practices (Rooms 3315 and 3320)

**2:00 – 3:00 pm** **Keynote “The Universal Features of Meditation Practice” by Dr. Paul R. Fleischman** (Room 2365)

*Abstract:* Dr. Fleischman's talk will discuss biological and psychological homeostasis as the basis of all meditation practices. The human mind and body have developed as processes that hold within them meditation as an incipient possibility. We are built for meditation. But we are also built for scheming, strategizing, adapting, fighting, and killing. The deep issue in all meditation practice is to activate a readily accessible biological predisposition to homeostatic, restful, and flourishing states of being, which are nested within disruptive alternatives.



**Paul R. Fleischman**, M.D. graduated from the University of Chicago and the Albert Einstein College of Medicine and trained in psychiatry at the Yale University School of Medicine. For over thirty years he was in private practice in psychiatry and consulted to hospitals and clinics. He supervised psychotherapy trainees at Yale University where he also taught a course in Psychiatry and Religion, and he was honored by the American Psychiatric Association for his unique contributions to psychiatry and religion. He is the author of *The Healing Spirit*, *Cultivating Inner Peace*, *Karma and Chaos*, *Wonder: When and Why the World Appears Radiant* and other books. His articles have appeared in *The American Journal of Psychiatry*, *The International Journal of Social Psychiatry*, *The Yale Review*, *The University of Chicago Magazine*, *Nature*, *Landscape* and other magazines and journals. Paul R. Fleischman is a Vipassana teacher in the tradition of Mr. S.N. Goenka.



# UF Mindfulness Day 2019 “Mindfulness and Social Change”

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Times		
3:15 – 4:45 pm	<p><b>Panel discussion "Mindfulness &amp; Social Change" (Room 2365)</b></p> <p>Facilitator: Monika Ardelt.</p> <p>Panelists: Harris Friedman, Ph.D.;</p>   <p>Marisela Gomez, Ph.D. and M.D.; and Paul R. Fleischman, M.D.</p>	
4:55 – 5:30 pm	<p><b>Metta (Loving-Kindness) Meditation.</b> Jan M. Snyder (Room 3315)</p>	<p><b>Yoga.</b> Kim Holton (Room 3320)</p>
5:45 – 7:00 pm	<p><b>Keynote “Interdependence: Social Change and Inner Change” by Dr. Marisela B. Gomez (Room 2365)</b></p> <p><i>Abstract:</i> This presentation will focus on the path of social change and its similarity to inner transformation. How do we currently understand the path to each and how do we practice with the understanding that they depend on each other, for sustainability of either. The practice of mindfulness, of stopping and finding stillness so as to be alert and aware, helps us remember the ethical framework we wish to guide our lives. How does mindfulness help us more easily intention and act into a life of inner and social transformation such that our activism is revolutionary: love in action.</p>  <p><b>Marisela B. Gomez</b> is a community activist, author, public health professional, and physician scientist. She received a B.S. and M.S. from the University of New Mexico in Albuquerque, a Ph.D., M.D., and MPH from the Johns Hopkins University. As a social activist she has addressed issues of racism, segregation and community development, discrimination, and violence. Get to know her (Tedx talk): <a href="https://www.youtube.com/watch?v=kSZEsPnhIXg">https://www.youtube.com/watch?v=kSZEsPnhIXg</a>. Her activism and social engagement are informed through inner development grounded in meditation practice. She is ordained in the Order of Interbeing in the Buddhist tradition of Thich Nhat Hanh.</p>	