M. Kim Holton, PhD, CHES

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EDUCATION

Ph.D. **University of Florida, Health and Human Performance** 2014
Emphasis: Health Behavior
Dissertation: *Complementary and Alternative Medicine Use in the United States: Mental, Physical, and Occupational Health*

M.S. **University of Wisconsin-Madison, Zoology** 2001
Emphasis: Ecology
Thesis: *Effects of Elevated Carbon Dioxide and Ozone on Tree-Insect-Parasitoid Interactions*

B.S. **University of Georgia, Ecology** 1998

CERTIFICATIONS

Certified Health Education Specialist (CHES) 2023
National Commission for Health Education Credentialing, Inc. (ID# 38411)

Certified Narrative Enneagram Teacher (CNET) 2023
The Narrative Enneagram, International Enneagram Association (IEA) Accredited School

TEACHING EXPERIENCE

Instructional Associate Professor August 2025 to present
Instructional Assistant Professor January 2018 to July 2025
Department of Health Education and Behavior, University of Florida (UF)

- Develop, implement, and evaluate residential and online courses at the undergraduate and graduate level:
  - HSC 6037: Philosophy and Principles of Health Education
  - HSC 4694/6695: Worksite Health Promotion
  - HSC 4592C/6605: Scientific Foundations of Holistic Health
  - HSC 4302: Methods and Materials in Health Education and Health Promotion
- Mentor undergraduate honors students and graduate students
- Supervise Graduate Teaching Assistants
- Serve on university, college and department-level committees

Yoga & Meditation Instructor/Facilitator January 2002 to Present
Community Education Programs, Kripalu Center for Yoga and Health,
Omega Institute for Holistic Studies, UF, & Private Studios

- Teach classes in the styles of Kripalu, Kundalini, Yoga Nidra, and Restorative
- Design and lead workshops in yoga and meditation

Faculty September 2014 - December 2015
Florida School of Traditional Midwifery
- Taught Research Evaluation

Adjunct Faculty January - May 2015
Department of Health Education and Behavior, University of Florida
- Served as instructor for online courses:
  - HSC 4133/5138: Human Sexuality Education
  - HSC 4143/5142: Drug Education
  - HSC 3201: Community and Environmental Health
- Supervised Graduate Teaching Assistants

Online Instructor January 2014 - May 2015
Department of Health Education and Behavior, University of Florida Online
- Served as instructor for:
  - HSC 3201: Community and Environmental Health
  - HSC 4694: Worksite Health Promotion

Graduate Teaching Assistant August 2010 - December 2014
Department of Health Education and Behavior, University of Florida
- Served as instructor of record for the following undergraduate courses:
  - HSC 4694: Worksite Health Promotion
  - HSC 3134: Emotional Health and Health Counseling
  - HSC 3102: Personal and Family Health
- Assisted in instructing the following undergraduate courses:
  - HSC 4694: Worksite Health Promotion
  - HSC 4579: Women's Health Issues
  - HSC 4302: Materials and Methods in Health Education
  - HSC 3102: Personal and Family Health
  - HSC 3527: Medical Terminology
- Assisted in instructing graduate-level course, HSC 6318: Planning Health Education Programs

Faculty May - June 2010
Dragon Rises College of Oriental Medicine
- Served as instructor of graduate-level Western Biochemistry course

PROFESSIONAL PRACTICE EXPERIENCE

Employee Wellness Coordinator & Health Promotion Specialist June 2015 - December 2017
Office of Human Resources, University of Florida
- Planned, implemented and evaluated health promotion programs for UF and UF Health Shands employees
- Planned and coordinated university-wide wellness fairs
- Planned and managed national professional conference on building healthy academic communities

- Developed and led ongoing classes, workshops and trainings for UF and UF Health Shands employees
- Supervised interns in the areas of health promotion, event planning and communications
- Developed surveys and analyzed data to drive strategic plan for worklife programs and policies
- Wrote articles for the Wellness section of the monthly employee newsletter
- Managed and designed communications for the Wellness listserv and webpages for special events
- Served as co-chair of UF-UF Health Shands Wellness Committee and UF Tobacco-Free Task Force
- Served as active member of:
    - Healthy Gators Coalition
    - National BHAC Summit 2017 Planning Committee
    - UF BHAC Summit 2017 Steering Committee
    - UF Food Service Advisory Presidential Committee
    - UF Mindfulness Team

Program Coordinator May 2008 - September 2009

Retreat and Renewal Programs, Kripalu Center for Yoga and Health

- Managed on-going holistic health education program and assisted in curriculum development
- Co-managed over 50 employees
- Managed departmental payroll
- Supervised program assistant
- Facilitated yoga and meditation classes

Residential Staff September 2008 - February 2009

College Internship Project, Berkshire Center

- Assisted college students with autism spectrum disorder in interpersonal and life skills
- Managed conflict and crisis situations

Department Head April 2003 - October 2004

Library, Omega Institute for Holistic Health

- Hired and managed staff
- Developed operation and cataloging protocols for the newly established library
- Planned and hosted library events for participants and staff
- Served as community liaison

RESEARCH EXPERIENCE

Contracted Researcher October 2016 - September 2017

Amrit Yoga Institute

- Quantified the effects of yoga nidra training on facets of mindfulness, stress, coping, sleep and health
- Developed survey instruments for pre, post, and 90-day follow-up data collection and analyzed data
- Provided summary report and consultation for future direction of the program

PEER REVIEWED PUBLICATIONS

1. **Holton, M. K.**, Lewis, C., & Kennymore Royer, J. R. (in press). Reflections on developing and implementing mindfulness and body-based practices in academic and clinical settings. In S. Grunwald, S., Wang, Y.-C., & Puig, A. (Eds.), *Personal and institutional transformation in higher education through mindfulness*. Cambridge Scholars Publishing.

2. Grunwald, S., Ardelt, M., Puig, A., Lasseter, N. J., Ritz, L. A., Dolen, N. F., Lewis, F., Snyder, J., Drake, T., Tannen, T., Murphy, M., Brown, A., **Holton, M. K.**, Turner, E., & Lindner, A. S. (March 2016). *Embracing mindfulness - breath-by-breath - at the University of Florida*. Contemplative Practices for the 21st Century University Conference. (Proceeding Paper)

3. **Holton, M. K.**, Barry, A. E., & Chaney, J. D. (2016). Employee stress management: An examination of adaptive and maladaptive coping strategies. *Work: A Journal of Prevention, Assessment & Rehabilitation, 53,* 299-305.

4. Piazza-Gardner, A., Barry, A. E., & **Holton, M. K.** (2015). Assessing the alcohol-BMI relationship among a national sample of college students. *Health Education Journal, 74*(4), 496-504. doi:10.1177/0017896914547289

5. **Holton, M. K.** & Barry, A. E. (2014). Do side effects/injuries from yoga practice result in discontinued use? Results of a national survey. *International Journal of Yoga, 7*(2), 152-154.

6. **Holton M. K.**, Lindroth, R., & Nordheim, E.V. (2003). Influence of foliar quality on tree-insect-parasitoid interactions: effects of elevated CO_2, O_3, and plant genotype. *Oecologia, 137*(2), 233-244.

PRESENTATIONS

Oral Presentations – National

1. **Holton, M. K.** (April 2024). *Yoga for every body*. Art & Science of Health Promotion Conference, Hilton Head, South Carolina.

2. **Holton, M. K.** (April 2019). *Yoga & meditation*. Art & Science of Health Promotion Conference, Hilton Head, South Carolina.

3. **Holton, M. K.** (February 2017). *Mindfulness*. North American Veterinary Community Conference, Orlando, Florida.

Oral Presentations—State/Regional

1. **Holton, M. K.** (July 2021). *Mindful body scan for pain management*. UF Pain Assessment and Management Initiative, College of Medicine, UF, Jacksonville, Florida. (video)

Oral Presentations—University/Local

1. **Holton, M. K.** (February 2026). *Three centers sound meditation*. Harn Museum of Art, Gainesville, Florida.

2. **Holton, M. K.** (September 2025). Yoga anytime, anywhere. UF Health Sciences Libraries Wellness Series, Gainesville, Florida.

3. **Holton, M. K.** (May 2025). *Three centers check-in: A practice to support whole-person presence in the classroom*. UF Interface Teaching Conference, Gainesville, Florida.

4. **Holton, M. K.** (March 2025). *Resting in the beauty of acceptance*. Harn Museum of Art, Gainesville, Florida.

5. **Holton, M. K.** (July 2024). *Creative intelligence of the body*. UF Creative B Program, Harn Museum of Art, Gainesville, Florida.

6. **Holton, M. K.** (March 2024). *Art & mindfulness for Alachua County K-12 art teachers*. Harn Museum of Art, Gainesville, Florida.

7. **Holton, M. K.** (March 2024). *Yoga to support writing*. Center for the Humanities and the Public Sphere Faculty Retreat, UF, Gainesville, Florida.

8. **Holton, M. K.** (January 2024). Art & mindfulness: *Sound meditation*. Harn Museum of Art, Gainesville, Florida.

9. **Holton, M. K.** (January 2024). *Grounding in the new year*. UF Mindfulness Program, Gainesville, Florida.

10. **Holton, M. K.** (November 2023). *Connect through mindfulness*. Connected by UF (CxUF) Conference, UF, Gainesville, Florida.

11. **Holton, M. K.** (October 2023). *Mindfulness movement and yoga nidra*. UF Mindfulness Program, Gainesville, Florida.

12. **Holton, M. K.** (September 2023). Art & mindfulness: *Sound meditation*. Harn Museum of Art, Gainesville, Florida.

13. **Holton, M. K.** (July 2023). *Sound meditation*. UF Creative B Program, Harn Museum of Art, Gainesville, Florida.

14. **Holton, M. K.** (June 2023). *Meditation series*. Employee Wellness Month, Human Resources, UF, Gainesville, Florida.

15. **Holton, M. K.** (April 2023). Art & mindfulness: *Sound and silence*. Harn Museum of Art, Gainesville, Florida.

16. **Holton, M. K.** (April 2023). *Yoga nidra*. UF Mindfulness Program, Gainesville, Florida.

17. **Holton, M. K.** (March 2023). *Yoga*. Eta Sigma Gamma, UF, Gainesville, Florida.

18. **Holton, M. K.** (November 2022). *The three centers*. UF Mindfulness Program, Gainesville, Florida.

19. **Holton, M. K.** (September 2022). Art & mindfulness: *Sound and silence*. Harn Museum of Art, Gainesville, Florida.

20. Grunwald, S. & **Holton, M. K.** (July 2022). *Mindful movement and mediation*. UF Creative B Program, Harn Museum of Art, Gainesville, Florida.

21. **Holton, M. K.** (April 2022). *Being with breath*. UF Mindfulness Program, Gainesville, Florida.

22. **Holton, M. K.** (March 2022). *Yoga*. Eta Sigma Gamma, UF, Gainesville, Florida.

23. **Holton, M. K.** (December 2021). *Mindful Yoga.* Honors Program, UF, Gainesville, Florida.

24. **Holton, M. K.** (November 2021). *Mindful Yoga.* Honors Program, UF, Gainesville, Florida.

25. **Holton, M. K.** (August 2021). *Mindfulness in motion*. UF Mindfulness Program, Gainesville, Florida.

26. Grunwald, S., **Holton, M. K.**, & Snyder, J. (April 2021). *Meditation Panel*. UF Mindfulness Program, Gainesville, Florida.

27. **Holton, M. K.** (March 2021). *Mindfulness as a practice*. 15th Annual Advising Conference, UF, Gainesville, Florida.

28. **Holton, M. K.** (March 2021). *Breathwork for self-regulation*. Employee Wellness Week 2021, UF, Gainesville, Florida.

29. **Holton, M. K.** (March 2021). *Self-compassion*. Florida Students for Lifestyle Medicine, UF, Gainesville, Florida.

30. **Holton, M. K.** (December 2020). *Mindfulness to manage stress*. Mental Health for Pre-Health Students Club, UF, Gainesville, Florida.

31. **Holton, M. K.** (October 2020). *Body and breath*. UF Mindfulness Program, Gainesville, Florida.

32. **Holton, M. K.** (October 2020). *Mindfulness*. HSC 4134: Emotional Health Counseling, Department of Health Education and Behavior, UF, Gainesville, Florida.

33. **Holton, M. K.** (September 2020). *Yoga*. Eta Sigma Gamma, UF, Gainesville, Florida.

34. **Holton, M. K.** (July 2020). *Mindful body scan*. UF Mindfulness Program, Gainesville, Florida.

35. **Holton, M. K.** (July 2020). *Yoga nidra*. UF Mindfulness Program, Gainesville, Florida.

36. **Holton, M. K.** (April 2020). Mindfulness during the COVID-19 Pandemic. College of Health and Human Performance, UF, Gainesville, Florida. (video)

37. **Holton, M. K.** (March 2020). *Essential breath*. UF Mindfulness Program, Gainesville, Florida.

38. **Holton, M. K.** (February 2020). *Mindfulness*. UF Leadership Development Program, Human Resources, UF, Gainesville, Florida.

39. **Holton, M. K.** (February 2020). *Mindfulness for stress management*. 14th Annual Advising Conference, UF, Gainesville, Florida.

40. **Holton, M. K.** (January 2020). *Mindfulness*. HSC 4134: Emotional Health Counseling, Department of Health Education and Behavior, UF, Gainesville, Florida.

41. **Holton, M. K.** (November 2019). *Yoga*. Eta Sigma Gamma, UF, Gainesville, Florida.

42. **Holton, M. K.** (October 2019). *Mindfulness*. Students for Functional Medicine, UF, Gainesville, Florida.

43. **Holton, M. K.** (August 2019). *Sharing to create caring*. College of Agricultural and Life Sciences Teaching Symposium, UF, Gainesville, Florida.

44. **Holton, M. K.** (March 2019). *Essential breath*. UF Mindfulness Program, Gainesville, Florida.

45. **Holton, M. K.** (October 2018). *Stress management through mindfulness*. HSC 4134: Emotional Health Counseling, Department of Health Education and Behavior, UF, Gainesville, Florida.

46. **Holton, M. K.** (October 2018). *Body and breath*. UF Mindfulness Program, Gainesville, Florida.

47. **Holton, M. K.** (March 2018). *Yoga*. Eta Sigma Gamma, UF, Gainesville, Florida.

48. **Holton, M. K.** (April 2014). *Yoga and meditation*. Employee Spring Wellness Event. UF & UF Health Shands, Gainesville, Florida.

49. **Holton, M. K.** (April 2014). *Complementary and alternative medicine use*. HSC 3102: Personal and Family Health. Department of Health Education and Behavior, UF, Gainesville, Florida.

50. **Holton, M. K.** (February 2013). *Yoga for health promotion*. HSC 4579: Women's Health Issues, Department of Health Education and Behavior, UF, Gainesville, Florida.

Poster Presentations

1. **Holton, M. K.** & Barry, A. E. (April 2014). *Yoga-related injuries: are injuries resulting in discontinued practice common?* UF College of Health and Human Performance Stanley Lecture Research Symposium.

2. Menn, M., Payne-Purvis, C. M., **Holton, M. K.**, Dodd, V. J., Chaney, E. H., & Chaney, J. D. (October 2013). *Knowledge about male HPV among undergraduates*. Florida Alliance for Health, Physical Education, Recreation, Dance, and Sport.

3. **Holton, M. K.**, Stellefson, M., & Chaney, D. (April 2012). *Self-efficacy and yoga-based interventions*. University of Florida College of Health and Human Performance Stanley Lecture Research Symposium.

4. Menn, M., **Holton, M. K.**, & Chaney, D. (February 2012). *Personal factors associated with university employee high-risk drinking*. Southern District AAHPERD Convention.

5. Menn, M., Payne-Purvis, C. M., **Holton, M. K.**, Chaney, B., Chaney, D., & Dodd, V. J. (January 2012). *Personal characteristics and sexual behaviors related to college males' knowledge of HPV: an exploratory study*. International Conference on the Health Risks of Youth.

6. Menn, M., Chaney, J. D., **Holton, M. K.**, Haberman, S., Emmeree, J., & Varnes, J. (June 2011). *Investigation of protective alcohol consequences of high-risk drinking among students at a large university*. American College Health Association Annual Meeting.

PROFESSIONAL DEVELOPMENT AND AWARDS

2025	UF AI Learning Academy
2025	Duke Health and Wellbeing Coach Training
2024	UF Global Learning Institute Award, $5,000
2023	UF Great Teaching for Faculty Certificate
2022	UF College of Health & Human Performance Professional Development Award, $5,000
2021	UF Multicultural Mentoring Certificate
2019	UF Great Teaching for New Faculty Certificate
2019	Team-Based Learning Certificate
2018	UF Best Practices for Teaching Online Certificate
2017	Florida Department of Health Tobacco-Free Funding Award, $3,000
2016	City of Gainesville Conference Grant Recipient, $5,000
2016	UF Healthy Gators Program Funding Award, $3,500
2015	UF Healthy Gators Program Funding Award, $2500
2014	Health Solutions Endowed Scholarship, UF College of Health & Human Performance
2013	Wellness Council of America (WELCOA) Faculty Designation
2012	University of Florida Prairie Project Graduate Fellow
2011 – 2012	Grinter Fellowship, University of Florida Graduate School
2011	Fagerberg-Varnes Graduate Scholarship, UF College of Health & Human Performance

2010 – 2011 Grinter Fellowship, University of Florida Graduate School
2010 Training Scholarship Award, Omega Institute for Holistic Studies

ACADEMIC/PROFESSIONAL SERVICE

National

2015 – 2017 Building Healthy Academic Communities Summit 2017 Planning Committee
2015 – 2016 Building Healthy Academic Communities Research and Evidence-Based Practices Committee

University of Florida

2023 – present Member, Connection and Community Initiative
2019 – present First-Generation Advocate, UF Division of Student Affairs
2015 – present Member, Health Gators Coalition
2023 Graduation Marshal
2022 Graduation Marshal
2020 – 2025 Associate Director, UF Mindfulness
2020 – 2023 Faculty Advisor, Mental Health Support for Pre-Health Students Club
2019 Faculty Reviewer, UF IFAS Extension SNAP Worksite Wellness Program Toolkit
2016 – 2019 Member, Food Advisory Committee
2016 – 2017 Co-Chair, UF BHAC Summit 2017 Steering Committee
2015 – 2023 Member, UF-UF Health Shands Wellness Committee
2015 – 2020 Member, UF Mindfulness

College of Health & Human Performance

2026 Graduation Marshal
2025 – 2026 APK Faculty Search Committee
2024 Graduation Marshal
2024 AI Across the Curriculum Proposal Reviewer
2022 – 2023 D.K. Stanley Research Symposium Committee
2021 – 2022 Instructional Faculty Search Committee, Department of Tourism, Hospitality, and Event Management
2018 D.K. Stanley Research Symposium Poster Judge

Department of Health Education & Behavior

2025 – present Chair, Recognition Committee
2023 – present Health & Wellness Coaching Certificate Committee
2019 – present Undergraduate Program Advisory Committee
2022 – 2023 Tenure-Track Faculty Search Committee
2020 – 2022 TA Selection Committee
2019 – 2021 Seminar Committee
2018 – 2019 Faculty Governance Committee

Ad Hoc Peer Reviewer

- *American Journal of Health Education*
- *Health Education & Behavior*
- *International Journal of Behavioral Medicine*
- *International Journal of Yoga Therapy*
- *Journal of Health Education Teaching*
- *Journal of Integrative and Complementary Medicine*
- *Journal of ISAKOS*
- *Journal of Occupational and Environmental Medicine*

PROFESSIONAL AFFILIATIONS

2022 – present	International Enneagram Association
2022 – present	Academic Resilience Consortium
2021 – present	American College Health Association
2021 – present	Narrative Enneagram
2013 – present	Society for Public Health Education
2015 – 2020	National Consortium for Building Healthy Academic Communities (BHAC)
2014 – 2015	International Association of Yoga Therapists