Video Library

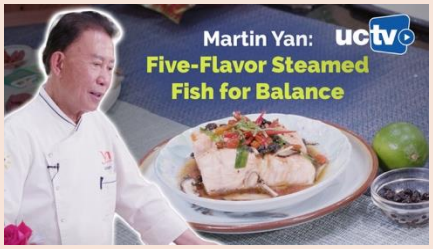
UCSF Osher Center for Integrative Health

HOME: Honoring Origins of Mindfulness

Cantonese & Spanish Videos for Mind-Body Health

Explore 5 Mindful Senses

Taste & Smell



Imagery & Reflection



Sound & Rhythm



Touch, Breath, & Movement



Wholeness & Balance





Mindfulness (正念 / atención plena) is already part of us — in shared meals, family stories, and traditions passed from one generation to the next. Some sayings remind us of this way of living:

- in Cantonese, “色香味俱全” — all colors, aromas, and flavors complete
- in Spanish, “Disfrutar las pequeñas cosas” — enjoy the little things.

Both remind us that by tuning into our senses, we may discover nourishment in simple moments.

About this Video Series

- Watch or listen to 5-20-minute mind-body practices led by trusted Chinese-American and Latine-American voices in San Francisco.
- You’ll meet bilingual experts in mind-body health — clinicians, sound healers, chefs, herbalists, yoga teachers, and community leaders — who offer professional expertise in living wisdom traditions.
- Each video offers the closeness of learning directly from a community healer.
- You can join wherever you are — at home, on the go, or in the middle of a busy day.

Free to watch online:
uctv.tv/cantonese
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