Mindfulness Bulletin
Termly updates on Cambridge University's Mindfulness Pilot
Bulletin No.4, October 2015

For more information about Mindfulness at Cam including our new Term timetable, see our webpages:

Mindfulness at Cam web pages - click here

Launching the Mindful Student Study!

We are now recruiting students for the Mindful Student Study

This exciting study will explore the effectiveness of mindfulness provision to students. Mindfulness Skills courses available to students in Michaelmas and Lent terms (2015-2016) are all part of the research.
To find out more, come along to the information sessions where you can meet the researchers and the Mindfulness teacher in person (5th-9th Oct):

Information Sessions

The new timetable for Mindfulness courses in Michaelmas term 2015 is now ready, along with information about the booking process:

Click here for the Timetable and booking process

Visit our website in the Student Gateway: Click here
Mindfulness Research Pilot

For interactive, up-to-date info on the research, check out our Facebook and Twitter pages.

Visit the Mindful Student Study pages to take part. This is an exciting research project, and we hope you enjoy being involved.

If you wish to learn mindfulness but not participate in the research study, there are 30 places available outside the study on a first-come-first-served basis, in each term. Please go to Learning Mindfulness to find out more.

MindSoc

MindSoc, Cambridge University Mindfulness Society, is hoping to run practice session throughout the term for anyone who has completed an eight week course.

There will also be talks from inspirational speakers, and social events.
Check out MindSoc at Fresher’s Fair!

Mindfulness Training

The eight week Mindfulness Training will be hosted this term by Christ’s College, St Edmund’s College and Magdalene College. We are grateful for their help in running the courses.