



Welcome to The Mindfulness Society!

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About us

Mindfulness Meditation is a secular meditation method that harnesses the natural human qualities of awareness and kindness, both for yourself and others. It has become increasingly popular among students as it helps with concentration, productivity and stress-reduction.

The Mindfulness Society provides a platform to help students to continue practicing mindfulness, or to discover it and learn from scratch. Cambridge University is one of the first Universities worldwide to offer free mindfulness meditation courses to its student and the Mindfulness Society provides an ongoing community for people from those courses, and elsewhere.

Every week during term we offer a meditation sessions led by an experienced teacher. We also have visiting experts in the field on topics spanning from neuro-science, lucid dreaming, Buddhist philosophy, and more – as well as including social activities such as mindful dinners and mindful walks. At least one session per term is devoted to people taking mindfulness further, but otherwise, it's open to all.

Find us

- Cambridge Union (Bridge Street) every Wednesday night, 7:00-8:30pm. See term card below.
- On Moodle: [Mindfulness Society: Resources, Events and People](#)
- On Facebook: [CU Mindfulness Society](#)



FREE MEDITATION APP!

Check out this Mindfulness app kindly offered FREE by MindPilot. Register at help@mindpilot.com with your Cambridge University email



Michaelmas Term Card 2017

CAMBRIDGE UNION, (Bridge Street) Kennedy Room Wednesdays 7pm – 8:30pm		
Start of Term	Wednesday 4 th October	The 5 Golden Principles for living a Happy Life with Dr Elizabeth English
1	Wednesday 11 th October	Stress-free meditation! How to meditation make enjoyable and avoid extra stress with Dr Elizabeth English
2	Wednesday 18 th October	Practise Session: Mindful and Empathic Communication with Simon McKibben
3	Wednesday 25 th October	Practise Session: Penny for your Thoughts with Simon McKibben
4	Wednesday 1 st November	Practice Session: Going Deeper with Simon McKibben
4	Sunday 5th November 6pm-7pm	Mindful firework walk <i>Leaving from outside The University Centre ('Gradpad')</i> 6pm-7pm with Surya Layton
4	Sunday 5th November 7pm	Pub Social at the Roost Café-Bar (Jesus College) 7pm – 10pm
5	Wednesday 8 th November	"Can 8 weeks of Mindfulness Change your brain?" with Dr Lee de-Wit (and Dr Elizabeth English)
6	Wednesday 15 th November	Practice Session: Mindful Relaxation Practises for Survive and Thrive with Simon McKibben
7	Wednesday 22 nd November	Practise Session: Sharp Focus and Playful Openness with Simon McKibben
8	Wednesday 29 th November	"Mindfulness of sleep and dreams" Lucid dreaming with Charlie Morley

Michaelmas Term Card 2017

Start of Term (Oct 4th) **The 5 Golden Principles for living a Happy Life with Dr Elizabeth English**

Explore the relationship between an open awareness and ability to exercise a sustained focus. Great for completing work and engaging in tasks. *Elizabeth is the Cambridge University Mindfulness Practitioner, responsible for the Mindfulness courses offered free to all students at the University ([Mindfulness at Cam](#)).*

Week 1 (Oct 11th): **Stress-free meditation! with Dr Elizabeth English**

Even meditation can become a chore, something we "should" do, or "we're no good at". So it's really important that meditation is a place to relax, find our true strengths and qualities, and learn how to change those underlying attitudes which create stress. Discover this refreshingly different take on mindfulness. *Elizabeth is the Cambridge University Mindfulness Practitioner – as above!*

Week 2 (Oct 18th): **Mindful and Empathic Communication with Simon McKibben**

Connect with others, connect with yourself more fully. We will be exploring the key communication practise of empathy. *Simon McKibben is a regular teacher with the Mindfulness Society, a teacher of Breathworks mindfulness, and also contributes to the University classes.*

Week 3 (Oct 25th): **Penny for your Thoughts with Simon McKibben**

Learn how to foster a healthy and open relationship with thinking and thoughts, so you have a life and are not held hostage to every impulsive thought that arises! *See above for Simon's details.*

Week 4 (Nov 1st): **Going Deeper Practice Session (for those with some experience) with Simon McKibben**

If you have a regular meditation practice (or irregular, but you've practised for some time), you may want to take a deeper and ask particular questions about your own experience. So come along to this dedicated session. *See above for Simon's details.*

Week 4 (Nov 5th): **Magical mindful walk amongst the fireworks [Leaving from The University Centre 'Gradpad' 6pm-7pm]**

As spontaneous fireworks light up the night, walk in serene silence in Lammas Land, letting sights and sounds come alive in a new way. Surya's mindful walks have become a feature of our program as she brings many years meditation practice into the practice of 'Yatra' – mindful journeys through nature. *Surya is a long-term meditator, Mindfulness teacher and practitioner of Kinesiology.*

Week 4 (Nov 5th): **Pub Social at the Roost Café-Bar**

Join us to the Pub for some time off from studying or researching. Also a good chance for those following the 8 Week course at the University to meet up with the other fellow students attending the course. We are going to meet up at Jesus College at 7pm to explore its new bar.

Week 5 (Nov 8th): **Can 8 weeks of Mindfulness Change your brain? Talk by Dr. de-Wit, meditation led by Elizabeth English.**

How mindfulness interventions are helping neuroscientists to study the plasticity of the human brain by testing how extended periods of mindfulness can influence the size, activity and connectivity of different parts of the brain. This research can not only help us to understand how mindfulness influences our attention and cognition but also how the brain is able to change with extended periods of practice. Dr Lee de-Wit is Teaching Fellow in Language and Cognition at UCL..

Week 6 (Nov 15th): **Mindful Relaxation Practices for Survive and Thrive with Simon McKibben**

Add a plethora of short mindfulness techniques to your wellbeing toolkit, especially for when times are challenging. *See above for Simon's details.*

Week 7 (Nov 22nd): **Sharp Focus and Playful Openness with Simon McKibben**

Explore the relationship between an open awareness and ability to exercise a sustained focus. Great for completing work and engaging in tasks. *See above for Simon's details.*

Week 8 (Nov 29th): **Mindfulness of sleep and dreams. Lucid dreaming with Charlie Morley**

How to be mindful when you are sleeping and dreaming, why it's one of the most fascinating things you can do – and potentially one of the most beneficial. *Charlie is a well-loved visiting speaker to the Mindfulness Society, and internationally acclaimed as a teacher of lucid dreaming. Check him out [here](#) or watch his [TED talk](#).*