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.

**Find us**

* Wednesday night, 7:00-8:30pm.
* See [Mindfulness at Cam](https://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/mindfulness-cam) website or [Moodle](https://www.vle.cam.ac.uk/course/view.php?id=138631) for **programme of events**
* Venue: This term at Pembroke College, New Cellars
* Get weekly updates by signing into Moodle: [Mindfulness Society: Resources, Events and People](https://www.vle.cam.ac.uk/course/view.php?id=138631)
* On Facebook: [CU Mindfulness Society](https://www.facebook.com/groups/398444793666961/)

**Free app**

 Check out this Mindfulness app kindly offered FREE

By MindPilot and our sponsor, the Mindful Trust!

Register at [help@mindpilot.com](mailto:help@mindpilot.com)

with your Cambridge Uni email

**Term Membership** – paid at the door before each session**:**

* £3 (students)
* £5 (university staff and non-members), to be.

You can also buy term membership card for access to all term events which is:

* £10 (students)
* £15 (staff, non-members).

Term membership can be bought either at the door before each session or through Mindfulness Society bank account (details below).

**Committee members have free entry.**

* Consider joining our lively committee!
* If you are interested, contact Elizabeth English: [email](ee285@cam.ac.uk)

**Mindfulness Society bank account**

* Name: CU Mindfulness Society
* Sort Code: 20-17-20
* Bank account: 43014029
* Reference: Member - CRSID