

## Easter Term Card 2019

<b>New Cellars, Pembroke College</b> Wednesdays 7pm – 8:30pm		
<b>1</b>	Wednesday 1 May	<b>Mindfulness and Free Will</b> With CU Psychology lecturer, <b>Dr Lee de-Wit</b> Don't miss Lee's engaging and eye-opening style. A fab start to the term—one of Mf-Soc's favourites!
<b>2</b>	Wednesday 8 May	<b>Mindful Connections: with Dr Elizabeth English</b> Exploring many ways in which mindfulness helps us connect happily and meaningfully with other people
<b>3</b>	Wednesday 15 May	<b>Mindfulness: the Student Perspective</b> With 'Mindfulness Alumni' such as Ella Higgs share your experience and tips: What's it like to practice mindfulness as a student at Cambridge Uni?
<b>4</b>	Wednesday 22 May	<b>Mindfulness and the Natural World</b> For a happier, more peaceful and sustainable world. With Claire Thompson (former Natsci from Emma), author of <i>Mindfulness and the Natural World &amp; The Art of Mindful Birdwatching.</i>
<b>5</b>	Wednesday 29 May	<b>Mindfulness and the Great Fool: Simon McKibbin</b> Humour in Mindfulness Lightening up and being playful when times feel heavy.
<b>6</b>	Wednesday 5 June	<b>Tai Chi: The mindful art</b> Jody teaches Tai Chi in Hangzhou, China. Having learned as a small boy, he now teaches it internationally. An evening with a master!
<b>TBC</b>	9 <sup>th</sup> or 16 <sup>th</sup>	<b>ANNUAL PICNIC TEA, 4.00pm</b> Elizabeth and Simon bring their dogs Everyone brings strawberries and snacks Midsummer Common (opposite boat houses)
<b>7</b>	Wednesday 12 June	<b>Mindful Board Games at Heffers</b> A combo evening with Heffer's Bookshop! Fun & nibbles. Have you ever tried: Sushi Go, Tsuro, Ticket to Ride, Sagrada, Azul, Planet, Bananagrams, Codenames, Dobble, Carcassonne ...?
<b>8</b>	Wednesday 19 June	<b>Deep Rest and Mindfulness: Simon McKibbin</b> Learn to find places in your experience you can rest deeply in, or 'with' if you are up against it.

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