

# Welcome to The Mindfulness Society!

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## About us

Mindfulness Meditation is a secular meditation practice that allows you to harness your natural human qualities of awareness and kindness to improve your quality of life, as well as that of those around you. Amongst students, the specific benefits of this practice that underlie its increasing popularity include reduced stress and improved concentration and productivity.

The Mindfulness Society was founded with the aim to help students to continue practicing mindfulness, or to discover it and learn it from scratch. The University of Cambridge is one of the first Universities worldwide to offer free mindfulness meditation courses to its students. The Mindfulness Society provides an exciting platform for any keen mindfulness meditators in Cambridge to form a community that will help them thrive in their practice.

We offer weekly meditation sessions led by an experienced teacher. We also invite experts within the field, on topics spanning from neuroscience, lucid dreaming, Buddhist philosophy, empathic communication, and more – to come share their wisdom and inspiration with us. What is more, we also arrange lovely social activities such as mindful dinners, mindful music, and mindful walks. At least one session per term is devoted to taking your level of practice further, but all our sessions are welcoming to people with any level of experience.

This year the Mindfulness Society hosts its meetings at the Cambridge Union (9A Bridge St, Cambridge CB2 1UB) every Wednesday night, 7:00-8:30pm.

Join our society by signing up to our [mailing list](#)! You will be able to access our sessions for 3£ each (5£ for non-members and staff) or by purchasing a term membership for 10£ (15£ for non-members and staff) for access to all the term session. Membership will be sold before the sessions.



Mindfulness app kindly offered FREE by our sponsor!  
Register at [help@mindpilot.com](mailto:help@mindpilot.com) with your Cambridge email



## Lent Term Card 2018

CAMBRIDGE UNION, Kennedy Room Wednesdays 7pm – 8:30pm		
1	Wednesday 24 <sup>th</sup> January	Practise Session: <b>Mindfulness, Insight and Freedom</b> with Simon McKibbin
2	Wednesday 31 <sup>st</sup> January	Practise Session: <b>The Treasure of Pleasure</b> with Simon McKibbin
3	Wednesday 7 <sup>th</sup> February	Practise Session: <b>A Heart of Compassion</b> with Simon McKibbin
4	Wednesday 14 <sup>st</sup> February	Practice Session: <b>Mindfulness and Embodied Living</b> with Simon McKibbin
5	Wednesday 21 <sup>st</sup> February	Practice Session: <b>Kind Awareness and Mindfulness</b> with Simon McKibbin
5	Friday 23 <sup>rd</sup> February	Special Event: <b>Mindfulness and Music</b> with Gregory Drott and Elizabeth English 7pm, <b>Pembroke College, in the Old Library</b>
6	Wednesday 28 <sup>th</sup> February	Hot Research: <b>Mindfulness studies at the University of Cambridge</b> with Dr Julieta Galante & Dr Lee de-Wit
7	Wednesday 7 <sup>th</sup> March	Keynote Talk: <b>Understanding Mindfulness</b> with John Teasdale
8	Wednesday 14 <sup>th</sup> March	Hot Talk: <b>Lucid Dreaming</b> with Charlie Morley
<b>Date to be confirmed</b>	Day Retreat	Special Event: <b>1-Day Mindfulness Meditation Retreat</b> led by Elizabeth English
<b>Date to be confirmed</b>	Mindful Meal	Special Event: <b>Mindful Dinner</b> Mindful eating and merrymaking, details TBC.

Follow us on Facebook [CU Mindfulness Society](#) and subscribe [here](#) to get the latest news and weekly updates!



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# Lent Term Card 2018

## Week 1 (Jan 24<sup>th</sup>): Practise Session: Mindfulness, Insight and Freedom, with Simon McKibbin

Enjoy an experiential and interactive session exploring what wisdom means in the context of Mindfulness. *Simon McKibbin is a regular teacher with the Mindfulness Society, a teacher of Breathworks mindfulness, and also contributes to the University classes.*

## Week 2 (Jan 31<sup>st</sup>): Practise Session: The Treasure of Pleasure, with Simon McKibbin

Learn how to 'come to your senses' and to savour the moment for an enhanced and enriched life experience. *See above for Simon's details.*

## Week 3 (Feb 7<sup>th</sup>): Practise Session: A Heart of Compassion, with Simon McKibbin

The suffering we encounter in this world can be overwhelming. How can we relate to, or be with suffering (self and others) in a way that offers spaciousness and meaning. *See above for Simon's details.*

## Week 4 (Feb 14<sup>th</sup>): Practise Session: Mindfulness and Embodied Living, with Simon McKibbin

Learn how to connect to your body more fully for a more satisfying, whole sense of yourself. *See above for Simon's details.*

## Week 5 (Feb 21<sup>st</sup>): Practise Session: Kind Awareness and Mindfulness, with Simon McKibbin

We may find that we are nursing hurt and distressed parts of ourselves. How can this practice bring healing and wholeness? See above for Simon's details.

## Week 5 (Friday Feb 23<sup>rd</sup>, Pembroke College Old Library): Special Event: Mindfulness and Music, with Gregory Drott

This will be an improvised piano recital. It will take the form of a collection of longer or shorter pieces of music from various jazz genres, but spontaneously created. In that sense, it is like a musical meditation: what arises in the improvisation is held up to attention and the musical material unfolds at its own pace, in real time. An unusual listening experience! Preceded by a short meditation led by Elizabeth to get us mindful.

## Week 6 (Feb 28<sup>th</sup>): Hot Research: Mindfulness studies at the University of Cambridge, with Dr Julieta Galante & Dr Lee de-Wit

Dr Julieta Galante and Dr Lee de-Wit will talk about the results of "The Mindful Student Study", a large research project assessing whether mindfulness courses offered at Cambridge improve students' psychological wellbeing during the examination period and beyond. Come and listen to the main results of this landmark study from its researchers. *Dr. Galante is a Research Associate at the Department of Psychiatry, University of Cambridge and Dr Lee de-Witt is Teaching Fellow in Language and Cognition at UCL.*

## Week 7 (Mar 7<sup>th</sup>): Keynote Talk: Understanding Mindfulness, with John Teasdale

For mindfulness to have a deep and wide effect on our lives, it is really helpful if we can embed our mindfulness practice within a framework that give us an understanding of what mindfulness is and how it has its effects. This talk will explore the extension of a framework of understanding that played a key role in the development of mindfulness-based cognitive therapy to mindfulness as a way of being. *John Teasdale, now retired, was a leading researcher at Oxford University, and then in the Cognition and Brain Sciences Unit in Cambridge and held a Special Scientific Appointment with the Medical Research Council. He was one of the original developers of mindfulness-based cognitive therapy (MBCT), a co-author of three books on MBCT, and led the first two clinical trials demonstrating the effectiveness of MBCT in preventing recurrent depression*

## Week 8 (Mar 14<sup>th</sup>): Invited Talk: 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.*

Easter Vacation: **1-Day Mindfulness Meditation Retreat with Elizabeth English. Join us for a full day retreat** at Madingley Hall to take one step further your meditation practise. *Elizabeth is the Cambridge University Mindfulness Practitioner, responsible for the Mindfulness courses offered free to all students at the University ([Mindfulness at Cam](#)).*

Special Event: **Mindful Dinner - Mindful eating and merrymaking, details TBC.** *Join us for a fun dinner where we will explore mindful eating in front of some delicious food and get to know your fellow mindfulness students.*