



cambridge university mindfulness society

Termcard Michaelmas 2020

Sunday 18th October

Autumnal mindful walk along the river
Cam

Tuesday 20th October

Virtual talk, meditation & discussion
with Tim Desmond
'How to Help: On the Role of
Mindfulness in Supporting People
Through Challenging Times'

Tuesday 27th October

Meditation, workshop + discussion
'Mindfulness and Creativity'

Date TBC

Virtual talk by Jacob Gawel
'Mindfulness and Charity: my
experience supporting refugees in Chios,
Greece'

Tuesday 17th November

Virtual talk, meditation & discussion
with David Richo
'Mindfulness and Love'

Tuesday 1st December

Mindful Bridgemas Dinner (details TBC)

**Lunchtime
Meditation
(Online)
weekdays
from
1.15-1.30pm**

**Meditation
Q&A (Online)
Tuesdays
1.30-2pm
following the
meditation
session**

**Meditation
Drop in (In
person or
online - tbc)
Wednesdays
5.30-7pm**