

Easter Term Card 2020

	Zoom sessions		Theme
1	Monday 27th April	10-11am	Grounding <i>Finding our feet and settling into the body</i>
	Friday 1st May	3-4pm	
2	Monday 4th May	10-11am	Compassion <i>Letting go of self-criticism and taking care of our needs</i>
	Friday 8th May	3-4pm	
3	Monday 11th May	10-11am	Connectedness <i>Fostering a sense of community in times of isolation</i>
	Friday 15th May	3-4pm	
4	Monday 18th May	10-11am	Gratitude <i>Giving thanks and extending appreciation outwards</i>
	Friday 22nd May	3-4pm	
5	Monday 25th May	10-11am	Facing challenges <i>Reflecting on our resources and practising resilience</i>
	Friday 29th May	3-4pm	
6	Monday 1st June	10-11am	Movement <i>Connecting the mind, breath and body</i>
	Friday 5th June	3-4pm	
7	Monday 8th June	10-11am	Creativity <i>Finding a state of exquisite attention</i>
	Friday 12th June	3-4pm	
8	Monday 15th June	10-11am	Enjoyment <i>Checking in with what feels good</i>
	Friday 19th June	3-4pm	

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