

- [Mindfulness](#)
- [Keep Learning](#)

U3A members are invited to join our weekly mindfulness sessions hosted on our [Youtube Channel](#) and run by the mindfulness Subject Adviser, Nancy Taylor.

Particularly in these uncertain times - mindfulness has become ever more popular amongst people of all ages, who want to connect with their situation and surroundings.

Jon Kabat Zinn - sometimes referred to as the Godfather of modern mindfulness defines mindfulness as: “The awareness that emerges through paying attention on purpose, in the present moment, and non judgmentally to the unfolding of experience moment by moment”.

We invite you to listen and take part in a short mindfulness practice. These sessions will run every Friday for at least six weeks, with each lasting 6-8 minutes. We hope that you find this useful in the current situation.

Please also take a look at the [mindfulness Subject Advice page](#) for further information and support to establish and run your own mindfulness interest groups.