



Mindfulness

We run weekly mindfulness sessions. One of our expert teachers will guide you through it, so no experience is necessary. All you need to do is listen and follow along.

[Sign me up!](#)

[Find out more](#)

Mindfulness



Welcome



Hello!

My name's Sol and I'm the Lead Mindfulness Teacher here at Study Stream. It's my great pleasure to welcome you to our thriving mindfulness community.

On this page I'll introduce you to what Mindfulness is and how it might benefit you. I'll take you through what you can expect if you join one of our mindfulness sessions and what happens in a typical meditation. I'll also bust a few classic mindfulness myths and introduce you to the rest of the team.

I look forward to seeing you at a session soon.

With warmth and gratitude,

Sol

[About mindfulness](#)

About mindfulness@studystream

Why mindfulness?

What is it?

**Our mindfulness
sessions**



**A typical
meditation**

A taster meditation with Sol



Mindfulness myths: Q&A

I think my mind is too busy for Mindfulness, am I supposed to be 'Zen'?



I can't/don't want to sit cross legged on the floor.



I'm not sure I have the time for Mindfulness.



I still don't know if Mindfulness is for me.



Will this stop me figuring out my future?



[Meet the team](#)

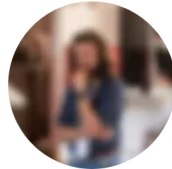
Meet the team

Perhaps most exciting of all is the talented team of Mindfulness teachers we've assembled to run these sessions for you. We've got the kickboxing, amateur baker Linn, Gidon, our river-walking pianist, the stand-up paddle boarding yogi Mira, and myself...Sol :)

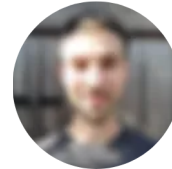
Take a look at our bios page to learn more about us.



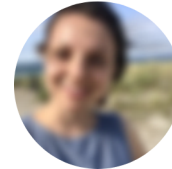
Sol



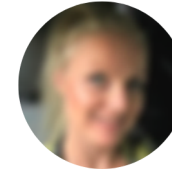
Ed



Gidon



Mira



Linn



[Our blogs](#)

Our blogs

We've also got a couple of blogs!


Check out how our Blog editor Chris has been getting on speaking with you guys - our wonderful community- to find out how you've been finding things of late [here](#). The StudyStream team will also be doing a Mindfulness course, and we will use this blog to share our experience with you! For those of you looking to go a bit deeper into the why's, how's and what's of Mindfulness, consultant psychiatrist Ed has got you covered [here](#).

So... grab your surfboard and join us in a Mindfulness session soon to learn how to **#PauseBeAchieve.**

[Mailing list](#)

Mindfulness mailing list

Sign up to the mindfulness@studystream mailing list to be notified of upcoming sessions or any new mindfulness initiatives

   Are you a university student?

©2021 Knowledge Collective

