


## *A mindful wander around Clare Hall's grounds and gardens*

### **University of Cambridge Festival of Wellbeing**

Mindfulness is about being aware in the present moment – noticing our surroundings and what we are doing, rather than being caught in thinking about the past or future.

We hope you enjoy this self-guided mindful wander around Clare Hall, in which you are warmly invited to take in the sights, sounds and fragrances of our green spaces and sculptures, at your own pace.

 The College kindly asks that children are always supervised by an adult.

 The below is a guide and should be read while stationary.

#### **Mindful moments in the Scholars' Garden**

Begin at the Porters' Lodge. As you make your way out of the automatic doors, look up at the sky. Is it clear blue; are there soft white clouds; or is it quite overcast...?

Bear left and notice the grassy area beyond the long, straight pathway. Head towards the sculpture of a mother and child reading.

Take a moment to notice the texture of the sculpture, its beautiful green colouring, and how the light falls on it.

What kind of plants are growing around the sculpture? Spot the trees in this area, too – are they moving in the breeze, or quite still? What sounds can you hear?

If you get lost in thought about something else, that's only natural. Simply bring your attention back to what you can see, hear or smell, gently and kindly.

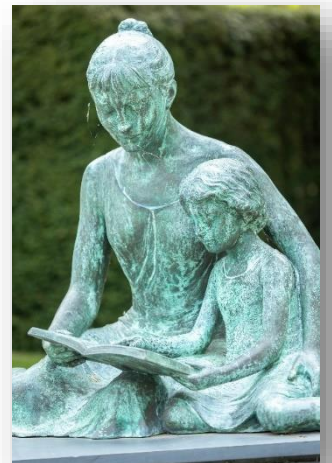
When you're ready, wander out of the Scholars' Garden to the footpath along Herschel Road. Turn left and head towards West Court...

#### **Noticing the trees along Herschel Road**

As you make your way towards West Court, slow down your pace and see if you can focus on each step or movement you make. How does it feel to notice your steps or the speed you are travelling at?

While slowing down, you might notice your breathing: is it shallow or deep? Does the air feel cool or warm? Perhaps you can relax your shoulders.

You might like to pause and look up at the large trees along this road. How long do you think they've been here? Listen for the rustling of the leaves and see if you can spot any wildlife – there are often squirrels and many types of birds enjoying the area.



Once you reach the end of the road, you'll see a gap that leads to West Court. Carry on through...

## Free to roam

This is our favourite part of the mindful wander, as we're giving you extra freedom to explore.

Clare Hall's West Court includes winding paths, a little bridge across Bin Brook, and the open West Court Lawns, which feature sculptures and many wondrous trees and plants.

Keep paying attention in the present moment as you spot the above.

Perhaps you could pause in one area and close your eyes for a moment, if you feel comfortable doing so. What do you hear?

Can you sense the breeze on your face, or maybe the warmth of sunshine? How does this feel?

You might like to sit on the grass and follow the sensation of your breath as it comes in and goes out. (This can help focus your mind and body on the present moment).

## Building on your mindful practice

Mindfulness is a skill, and like many things in life, it will grow and change if you practice regularly. Even five minutes a day can be transformative. What is wonderful is that it can be practiced almost anywhere – your garden, sofa, or even sitting at your desk.

*Thank you for joining us on this mindful wander, and to the University's Festival of wellbeing for including us in their programme this year.*

If you require further directions please consult the map overleaf, or ask at the Porters' Lodge.

Please share any feedback via [HR@clarehall.cam.ac.uk](mailto:HR@clarehall.cam.ac.uk)



# Main Site Buildings

