

MindfulEmory Mindfulness Fellows Program

Facilitator: Priya Rakkhit Sraman, Emory Buddhist Chaplain

August 2026-September 2027

Apply here: <https://forms.gle/GDxUd8QcqFFnQksS6>

Purpose

To foster a culture of care and well-being at Emory, where students are empowered through intentional, mindfulness and compassion practices to cultivate resilience and build connection with themselves and others.

Mindful Emory Student Ambassadors will serve as peer leaders who bring contemplative practices into the everyday life of the university. They will help bridge the gap between campus resources and student communities, making mindfulness accessible, relevant, and relational.

The Fellow Role

Fellows are not expected to be expert teachers or seasoned meditators. They are students with a genuine interest in well-being who want to share that interest with others in a light, supportive way.

Responsibilities

Programming Support

- Help host 1–2 events per semester (mindfulness circles, wellness study breaks, nature walks, or retreats)
- Assist with Mindful Emory programs by offering peer presence and logistical support

Outreach and Connection

- Attend weekly MindfulEmory Mindfulness Fellows meetings with facilitator
- Share events and opportunities through student networks, clubs, and departments
- Help promote mindfulness programming across Emory's schools—undergraduate and graduate

Student Input

- Offer feedback on what students need
- Suggest ideas for programming that feels relevant, timely, and authentic to student life

Community Presence

- Attend a monthly gathering or practice session with the fellows cohort
- Show up as a warm, approachable presence for peers curious about mindfulness

Estimated Time Commitment: 2–3 hours per month

Term: One academic year (pilot cohort runs Fall–Spring), August 2026–May 2027

Benefits for Fellows

Training

- Participate in mindfulness and compassion practices in a small-group setting
- Deepen your own practice while learning to share it with others

Leadership Experience

- Serve as a charter member of a new Emory initiative
- Gain experience in event planning, peer outreach, and program development

Certificate of Participation

- Receive formal recognition from Mindful Emory at the end of the academic year

Priority Access

- First access to Mindful Emory retreats, workshops, and special events