

2016 Michaelmas Term Mindfulness Timetable

MICHAELMAS 2016	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Venues		Christ's College: Lloyds Room Disabled access 11th October-22 nd November <i>**29th Nov in Sidney Sussex</i>	Churchill College Recital Room Disabled access 12 th October-30 th November	Jesus College (See rooms below) Disabled access 13 th October-1 st December	
MORNING 10.30-12.00am		Mindfulness Skills for Students Course 1*		Mindfulness Skills for Students Coleridge Room Course 5	
LUNCH 1.30-3.00pm		Mindfulness Skills for Students Course 2*		Mindfulness Skills for Students Coleridge Room Course 6	
AFTERNOON 3.30-5.00pm			Mindfulness Skills for Students Course 4		
EARLY EVENING 5.30-7.00pm		Mindfulness Skills for Students Course 3*		Mindfulness Skills for Students Bawden Room Course 7	
NOTES		<p><i>Open to all students <u>except</u> those with places already reserved on Mindfulness courses in Lent Term 2017, as part of the Mindful Student Study</i></p> <p><i>*Please note classes on Tues, 29 November will be held in Sidney Sussex College (Knox Shaw Room)</i></p>			