

Mindfulness Workshops

Easter Term 2017

	Thursday 20 April 17	Tuesday 25 April 17	Wednesday 26 April 17	Thursday 27 April 17	Tuesday 2 May 17	Wednesday 3 May 17	Thursday 4 May 17
	Emmanuel College Harrods Room* Disabled access	Corpus Christi College Parker Room No disabled access	Wolfson College Lee Hall Disabled access	Darwin College No. 1 Newnham Terrace No disabled access	Corpus Christi College Parker Room No disabled access	Girton College Wolfson Court Sheila Gillies Room Disabled access	Darwin College No. 1 Newnham Terrace No disabled access
MORNING 10:30 – 12:00		Improving Sleep 1		Productive Decisions 2	Keeping Calm 4		Improving Attention 4
LUNCH 1:30 – 3:00	Keeping Calm 1	Productive Decisions 1	Keeping Calm 2	Improving Sleep 2	Improving Sleep 3	Improving Attention 3	Productive Decisions 4
EARLY EVENING 5:30 – 7:00	Improving Attention 1	Improving Attention 2		Keeping Calm 3	Productive Decisions 3		Improving Sleep 4

	Keeping calm: mindfulness to help with exam nerves
	Improving attention: mindfulness for maintaining a healthy focus when you work
	Better sleep: mindfulness approaches to improving sleep and rest
	Productive decisions: making mindful choices that support your revision/deadlines and your wellbeing