

# Mindfulness Skills for Students (MSS) 8 Week Programme

**Michaelmas 2021** (book before the start of term)

	<b>MONDAY</b>	<b>TUESDAY</b> 12 October – 30 November 2021	<b>WEDNESDAY</b> 13 October – 1 December 2021	<b>THURSDAY</b> 14 October – 2 December 2021	<b>FRIDAY</b>
<b>VENUES</b>		<b>SELWYN COLLEGE</b> Kathleen Lyttleton Room	<b>JESUS COLLEGE</b> Brewery Room	Online	
<b>EARLY AFTERNOON SESSIONS</b> 3.30pm-5.00pm		<b>MSS Course 1</b> Tuesdays at 3.30-5.00pm	<b>MSS Course 3</b> Wednesdays at 3.30-5.00pm	<b>MSS Course 5</b> Thursdays at 3.30-5.00pm	
<b>EARLY EVENING SESSIONS</b> 5.30pm-7.00pm		<b>MSS Course 2</b> Tuesdays at 5.30pm-7.00pm	<b>MSS Course 4</b> Wednesdays at 5.30pm-7.00pm	<b>MSS Course 6</b> Thursdays at 5.30pm-7.00pm	