

LENT 2021: Entire Mindfulness Programme

Online (bookable and non-bookable sessions)

	MONDAY 25 January - 15 March 2021	TUESDAY 26 January - 16 March 2021	WEDNESDAY 27 January - 17 March 2021	THURSDAY 28 January - 18 March 2021	FRIDAY 29 January - 19 March 2021
LUNCHTIME MEDITATION ONLINE	Drop-in Lunchtime Meditation <i>(No booking needed)</i> 1.15-1.30pm For students, staff & alumni	Drop-in Lunchtime Meditation <i>(No booking needed)</i> 1.15-1.30pm For students, staff & alumni	Drop-in Lunchtime Meditation <i>(No booking needed)</i> 1.15-1.30pm For students, staff & alumni	Drop-in Lunchtime Meditation <i>(No booking needed)</i> 1.15-1.30pm For students, staff & alumni	Drop-in Lunchtime Meditation <i>(No booking needed)</i> 1.15-1.30pm For students, staff & alumni
EARLY AFTERNOON SESSIONS ONLINE 1.30-3.00pm	Lunchtime Meditation Q&A session <i>(No booking needed)</i> Continues after the meditation	MSS Course 1 <i>(Book a place)</i> Tuesdays at 1:30-3:00pm	MSS Course 3 <i>(Book a place)</i> Wednesdays at 1:30-3:00pm	MSS Course 5 <i>(Book a place)</i> Thursdays at 1:30-3:00pm	
AFTERNOON SESSIONS ONLINE 2.00 – 3.00pm	MSS Workshop <i>(Book a place)</i> Mondays at 2:00-3:00pm <i>(Please see Mindfulness Workshop Timetable)</i>				MSS Workshop <i>(Book a place)</i> Fridays at 2:00-3:00pm <i>(Please see Mindfulness Workshop Timetable)</i>
EARLY EVENING SESSION ONLINE 5:30 -7:00pm	'Start the Week' Drop-in Mindfulness <i>(No booking needed)</i> Mondays at 5:30 – 6.30pm For those with some experience	MSS Course 2 <i>(Book a place)</i> Tuesdays at 5:30-7:00pm	MSS Course 4 <i>(Book a place)</i> Wednesdays at 5:30-7:00pm	MSS Course 6 <i>(Book a place)</i> Thursdays at 5:30-7:00pm	