

Mindfulness Skills for Students (MSS) 8 Week Programme

Lent 2021

Online (book before the start of term)

	MONDAY	TUESDAY 26 January - 16 March 2021	WEDNESDAY 27 January - 17 March 2021	THURSDAY 28 January - 19 March 2021	FRIDAY
LUNCH TIME SESSIONS 1:30-3:00pm		MSS Course 1 <i>(Online)</i> Tuesdays at 1:30-3:00pm	MSS Course 3 <i>(Online)</i> Wednesdays at 1:30-3:00pm	MSS Course 5 <i>(Online)</i> Thursdays at 1:30-3:00pm	
EARLY EVENING SESSIONS 5:30-7.00pm		MSS Course 2 <i>(Online)</i> Tuesdays at 5:30-7.00pm	MSS Course 4 <i>(Online)</i> Wednesdays at 5:30-7.00pm	MSS Course 6 <i>(Online)</i> Thursdays at 5:30-7.00pm	