

LENT 2021: Themed Mindfulness Workshops:

Individual workshops February 2021

Online (book any time)

	Monday 1 February				Friday 5 February
<u>Week 3</u>	2.00-3.00pm Keeping Calm	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	2.00-3.00pm Better Sleep
	Monday 8 February				Friday 12 February
<u>Week 4</u>	2.00-3.00pm Improving Attention				2.00-3.00pm Productive Decisions
	Monday 15 February				Friday 19 February
<u>Week 5</u>	2.00-3.00pm Better Sleep				2.00-3.00pm Keeping Calm
	Monday 22 February				Friday 26 February
<u>Week 6</u>	2.00-3.00pm Productive Decisions				2.00-3.00pm Improving Attention

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