

# LENT 2021: Drop-in Meditation Timetable

Online (no booking needed)

	<b><u>MONDAY</u></b> 18 January - 15 March 2021	<b><u>TUESDAY</u></b> 18 January - 16 March 2021	<b><u>WEDNESDAY</u></b> 18 January - 17 March 2021	<b><u>THURSDAY</u></b> 18 January - 18 March 2021	<b><u>FRIDAY</u></b> 18 January - 19 March 2021
<b>LUNCHTIME MEDITATION ONLINE 1.15-1.30pm</b>	<b>Drop-in Lunchtime Meditation Online</b> 1.15-1.30pm For students, staff & alumni No booking needed	<b>Drop-in Lunchtime Meditation Online</b> 1.15-1.30pm For students, staff & alumni No booking needed	<b>Drop-in Lunchtime Meditation Online</b> 1.15-1.30pm For students, staff & alumni No booking needed	<b>Drop-in Lunchtime Meditation Online</b> 1.15-1.30pm For students, staff & alumni No booking needed	<b>Drop-in Lunchtime Meditation Online</b> 1.15-1.30pm For students, staff & alumni No booking needed
	<b>Q&amp;A session</b> Following Monday's Lunchtime Meditation				
<b>EARLY EVENING SESSIONS ONLINE 5:30 7:00pm</b>	<b>'Start the Week' Drop-in Mindfulness</b> <i>(Online)</i> Mondays at 5:30pm-7:00pm  For those with some experience No booking needed				