

# Entire Mindfulness Programmes

## Lent 2022, Online (bookable and non-bookable sessions)

<b><u>MONDAY</u></b> 24 January – 14 March 2022 Online	<b><u>TUESDAY</u></b> 25 January – 15 March 2022 Online	<b><u>WEDNESDAY</u></b> 26 January – 16 March 2022 Castlereagh Room, St Johns	<b><u>THURSDAY</u></b> 27 January – 17 March 2022 Online	<b><u>FRIDAY</u></b> 28 January – 18 March 2022 Online
Elizabeth English	Simon McKibbin	Elizabeth English	Elizabeth English	Elinor Brown
<b>Lunchtime Meditation</b> For students, staff & alumni <i>(Use link provided)</i> <b>1:15-1:30pm</b> With added time for Q&A	<b>Lunchtime Meditation</b> For students, staff & alumni <i>(Use link provided)</i> <b>1:15-1:30pm</b>	<b>Lunchtime Meditation</b> For students, staff & alumni <i>(Use link provided)</i> <b>1:15-1:30pm</b>	<b>Lunchtime Meditation</b> For students, staff & alumni <i>(Use link provided)</i> <b>1:15-1:30pm</b>	<b>Lunchtime Meditation</b> For students, staff & alumni <i>(Use link provided)</i> <b>1:15-1:30pm</b>
				<b>MSS Workshop</b> Fridays from Feb 11 <sup>th</sup> <b>2:00-3:00pm</b> See Mindfulness Workshop Timetable & book a place
<b>MSS Course 1</b> <i>(Book a place)</i> Mondays at <b>4:00-5:15pm</b>		<b>MSS Course 2</b> <i>(Book a place)</i> Wednesdays at <b>4:00-5:15pm</b>	<b>MSS Course 4</b> <i>(Book a place)</i> Thursdays at <b>4:00-5:15pm</b>	
<b>'Start the Week' Mindfulness</b> <i>(No booking needed)</i> Mondays at <b>6:00-7:15pm</b> For those with some experience	<b>MSS Workshop</b> Tuesdays from Feb 8th at <b>6:00-7:00pm</b> See Mindfulness Workshop Timetable & book a place	<b>MSS Course 3</b> <i>(Book a place)</i> Wednesdays at <b>6:00 -7:15pm</b>	<b>MSS Course 5</b> <i>(Book a place)</i> Thursdays at <b>6:00 -7:15pm</b>	