# Entire Mindfulness Programmes

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

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<td>Elinor Brown</td>
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**Lunchtime Meditation**
- For students, staff & alumni
- *(Use link provided)*
- 1:15-1:30pm
- With added time for Q&A

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**MSS Workshop**
- Fridays from Feb 11th
- 2:00-3:00pm
- See Mindfulness Workshop Timetable & book a place

**MSS Course 1**
- *(Book a place)*
- Mondays at 4:00-5:15pm

**MSS Course 2**
- *(Book a place)*
- Wednesdays at 4:00-5:15pm

**MSS Course 3**
- *(Book a place)*
- Wednesdays at 6:00-7:15pm

**MSS Course 4**
- *(Book a place)*
- Thursdays at 4:00-5:15pm

**MSS Course 5**
- *(Book a place)*
- Thursdays at 6:00-7:15pm

**‘Start the Week’ Mindfulness**
- *(No booking needed)*
- Mondays at 6:00-7:15pm
- For those with some experience

**MSS Workshop**
- Tuesdays from Feb 8th at 6:00-7:00pm
- See Mindfulness Workshop Timetable & book a place