

Entire Mindfulness Programmes

Michaelmas 2021, Online (bookable and non-bookable sessions)

	<u>MONDAY</u> 11 October - 29 November 2021	<u>TUESDAY</u> 12 October - 30 November 2021	<u>WEDNESDAY</u> 13 October - 1 December 2021	<u>THURSDAY</u> 14 October - 2 December 2021	<u>FRIDAY</u> 15 October - 3 December 2021
VENUES	Online	Meditation – Online MSS Course – Selwyn College (Kathleen Lyttleton Room)	Meditation – Online MSS Course – Jesus College (Brewery Room)	Online	Online
LUNCHTIME MEDITATION ONLINE	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1.15-1.30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1.15-1.30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1.15-1.30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1.15-1.30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1.15-1.30pm
EARLY AFTERNOON SESSIONS 3.30-5.00pm	Q&A session after the lunchtime meditation <i>(use same link)</i> 1.30pm-2pm	MSS Course 1 <i>(Book a place)</i> Tuesdays at 3.30-5.00pm	MSS Course 3 <i>(Book a place)</i> Wednesdays at 3.30-5.00pm	MSS Course 5 <i>(Book a place)</i> Thursdays at 3.30-5.00pm	
EARLY EVENING SESSIONS	'Start the Week' Mindfulness <i>(No booking needed)</i> Mondays at 6.00-7.00pm For those with some experience	MSS Course 2 <i>(Book a place)</i> Tuesdays at 5.30 -7.00pm	MSS Course 4 <i>(Book a place)</i> Wednesdays at 5.30 -7.00pm	MSS Course 6 <i>(Book a place)</i> Thursdays at 5.30 -7.00pm	