

Mindfulness Workshops

Easter Term 2018

	Thursday 19 April 18 TBC	Tuesday 24 April 18 Homerton College Bamford Room	Wednesday 25 April 18 TBC	Thursday 27 April 18 TBC	Tuesday 1 May 18 Homerton College Bamford Room	Wednesday 2 May 18 TBC	Thursday 3 May 18 TBC
MORNING 10:30 – 12:00		Improving Sleep		Productive Decisions	Keeping Calm		Improving Attention
LUNCH 1:30 – 3:00	Keeping Calm	Productive Decisions	Keeping Calm	Improving Sleep	Improving Sleep	Improving Attention	Productive Decisions
EARLY EVENING 5:30 - 7:00	Improving Attention	Improving Attention		Keeping Calm	Productive Decisions		Improving Sleep

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