

Mindfulness Skills for Students Timetable

Lent 2018

	<u>TUESDAY</u> 23 rd January – 13 th March 2018 <u>King's College</u> Chetwynd Room <i>Disabled access on request</i>	<u>WEDNESDAY</u> 24 th January – 14 th March 2018 <u>Wolfson College</u> Lee Hall <i>Disabled access</i>	<u>THURSDAY</u> 25 th January – 15 th March 2018 <u>St Catharine's College</u> Rushmore Room <i>No disabled access</i>
LUNCH SESSIONS	<u>Course 1</u> Tuesdays at 12:00-1:30		<u>Course 5</u> Thursdays at 12:00-1:30
MID AFTERNOON SESSIONS	<u>Course 2</u> Tuesdays at 3:00-4:30	<u>Course 4</u> Wednesdays at 1:00 – 2:30	<u>Course 6</u> Thursdays at 3:00 – 4:30
EARLY EVENING SESSIONS	<u>Course 3</u> Tuesdays at 5:30-7:00		<u>Course 7</u> Thursdays at 5:30-7:00