

LENT 2022: Drop-in Meditation Timetable

Online (no booking needed)

<u>MONDAY</u> 24 January – 14 March 2022	<u>TUESDAY</u> 25 January – 15 March 2022	<u>WEDNESDAY</u> 26 January – 16 March 2022	<u>THURSDAY</u> 27 January – 17 March 2022	<u>FRIDAY</u> 28 January – 18 March 2022
Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni <i>With added time for Q&A</i>	Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni	Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni	Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni	Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni
'Start the Week' Drop-in Mindfulness Mondays at 6.00 – 7.15pm <i>(No booking needed)</i> For those with some experience				