

MICHAELMAS 2021: Drop-in Meditation Timetable

Online (no booking needed)

	MONDAY 11 October – 29 November 2021	TUESDAY 12 October – 30 November 2021	WEDNESDAY 13 October – 1 December 2021	THURSDAY 14 October – 2 December 2021	FRIDAY 15 October – 3 December 2021
LUNCHTIME MEDITATION ONLINE 1.15-1.30pm	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	Drop-in Lunchtime Meditation 1.15-1.30pm <i>(No booking needed)</i> For students, staff & alumni
LUNCHTIME MEDITATION Q&A ONLINE 1.30-2.00pm	Lunchtime Meditation Q&A session 1.30-2.00pm <i>(No booking needed)</i> Continues after the meditation				
EARLY EVENING SESSIONS ONLINE 6.00 – 7.30pm	‘Start the Week’ Drop-in Mindfulness Mondays at 6.00 – 7.00pm <i>(No booking needed)</i> For those with some experience				