

EASTER 2021: Drop-in Meditation Timetable

Online (no booking needed)

| | <u>MONDAY</u> 26 April – 21 June 2021 | <u>TUESDAY</u> 4 May – 22 June 2021 | <u>WEDNESDAY</u> 5 May – 23 June 2021 | <u>THURSDAY</u> 6 May – 24 June 2021 | <u>FRIDAY</u> 7 May – 25 June 2021 |
|--|--|---|---|---|---|
| LUNCHTIME MEDITATION ONLINE 1.15-1.30pm | Drop-in Lunchtime Meditation 1.15-1.30pm (No booking needed) For students, staff & alumni | Drop-in Lunchtime Meditation 1.15-1.30pm (No booking needed) For students, staff & alumni | Drop-in Lunchtime Meditation 1.15-1.30pm (No booking needed) For students, staff & alumni | Drop-in Lunchtime Meditation 1.15-1.30pm (No booking needed) For students, staff & alumni | Drop-in Lunchtime Meditation 1.15-1.30pm (No booking needed) For students, staff & alumni |
| LUNCHTIME MEDITATION Q&A ONLINE 1.30-2.00pm | Lunchtime Meditation Q&A session 1.30-2.00pm (No booking needed) Continues after the meditation | | | | |
| EARLY EVENING SESSIONS ONLINE 5:30 -6:30pm | 'Start the Week' Drop-in Mindfulness Mondays at 5.30 – 6.30pm (No booking needed) For those with some experience | | | | |