

# EASTER 2021: Entire Mindfulness Programme

## Online (bookable and non-bookable sessions)

|   | <b>MONDAY</b><br>3 May -<br>21 June 2021   | <b>TUESDAY</b><br>4 May -<br>22 June 2021   | <b>WEDNESDAY</b><br>5 May -<br>23 June 2021  | <b>THURSDAY</b><br>6 May -<br>24 June 2021   | <b>FRIDAY</b><br>7 May -<br>25 June 2021   |
|---|--|---|--|--|--|
| <b>LUNCHTIME MEDITATION ONLINE</b><br>1.15-1.30pm     | <b>Drop-in Lunchtime Meditation</b><br>1.15-1.30pm<br><i>(No booking needed)</i><br>For students, staff & alumni                     | <b>Drop-in Lunchtime Meditation</b><br>1.15-1.30pm<br><i>(No booking needed)</i><br>For students, staff & alumni  | <b>Drop-in Lunchtime Meditation</b><br>1.15-1.30pm<br><i>(No booking needed)</i><br>For students, staff & alumni | <b>Drop-in Lunchtime Meditation</b><br>1.15-1.30pm<br><i>(No booking needed)</i><br>For students, staff & alumni | <b>Drop-in Lunchtime Meditation</b><br>1.15-1.30pm<br><i>(No booking needed)</i><br>For students, staff & alumni |
| <b>EARLY AFTERNOON SESSIONS ONLINE</b><br>1.30-3.00pm | <b>Lunchtime Meditation Q&amp;A session</b><br>1.30-2.00pm<br><i>(No booking needed)</i><br>Continues after the meditation           | <b>MSS Workshop Tuesdays at 1.30-2.30pm</b><br><i>(Book a place)</i><br>Please see Mindfulness Workshop Timetable | <b>MSS Course 1 Wednesdays at 1.30-3.00pm</b><br><i>(Book a place)</i>   | <b>MSS Course 3 Thursdays at 1.30-3.00pm</b><br><i>(Book a place)</i>  |  |
| <b>EARLY EVENING SESSION ONLINE</b><br>5.30-7.00pm    | <b>'Start the Week' Drop-in Mindfulness Mondays at 5.30 – 6.30pm</b><br><i>(No booking needed)</i><br>For those with some experience | <b>MSS Workshop Tuesdays at 5.30-6.30pm</b><br><i>(Book a place)</i><br>Please see Mindfulness Workshop Timetable | <b>MSS Course 2 Wednesdays at 5.30-7.00pm</b><br><i>(Book a place)</i>   | <b>MSS Course 4 Thursdays at 5.30-7.00pm</b><br><i>(Book a place)</i>  |  |