

EASTER 2021: Themed Mindfulness Workshops:

Individual workshops 2021

Online (book any time)

	Monday	Tuesday 11 May		Wednesday	Thursday	Friday
Week 3		1.30-2.30pm Keeping Calm	5.30-6.30pm Better Sleep			
Week 4		Tuesday 18 May				
		1.30-2.30pm Improving Attention	5.30-6.30pm Productive Decisions			
Week 5		Tuesday 25 May				
		1.30-2.30pm Better Sleep	5.30-6.30pm Keeping Calm			
Week 6		Tuesday 01 June				
		1.30-2.30pm Productive Decisions	5.30-6.30pm Improving Attention			

	Keeping calm: mindfulness to help with nerves
	Better sleep: mindfulness approaches to improving sleep and rest
	Improving attention: mindfulness for maintaining a healthy focus when you work
	Productive decisions: making mindful choices that support your revision, deadlines & wellbeing