

Mindfulness Skills for Students (MSS) 8 Week Programme

Easter 2021

Online (book before the start of term)

	MONDAY	TUESDAY	WEDNESDAY 5 May – 23 June 2021	THURSDAY 6 May – 24 June 2021	FRIDAY
EARLY AFTERNOON SESSIONS 1.30-3.00pm			MSS Course 1 Wednesdays at 1.30-3.00pm <i>(Online)</i>	MSS Course 3 Thursdays at 1.30-3.00pm <i>(Online)</i>	
EARLY EVENING SESSIONS 5.30-7.00pm			MSS Course 2 Wednesdays at 5.30-7.00pm <i>(Online)</i>	MSS Course 4 Thursdays at 5.30-7.00pm <i>(Online)</i>	