

Mindfulness Workshops

Easter Term 2018

	Thursday 19 April 18	Tuesday 24 April 18	Wednesday 25 April 18	Thursday 26 April 18	Tuesday 1 May 18	Wednesday 2 May 18	Thursday 3 May 18
	Emmanuel College Harrods Room <i>Disabled access</i>	Homerton College Bamford Room <i>Disabled access</i>	Lucy Cavendish Wolfson Room <i>Disabled access</i>	Churchill College Bevin Room <i>Disabled access</i>	Homerton College Bamford Room <i>Disabled access</i>	Lucy Cavendish Wolfson Room <i>Disabled access</i>	Churchill College Bevin Room <i>Disabled access</i>
MORNING 10:30 – 12:00		Improving Sleep <i>Simon McKibben</i>		Productive Decisions <i>Kay Hoffmann</i>	Keeping Calm <i>Simon McKibben</i>		Improving Attention <i>Simon McKibben</i>
LUNCH 1:30 – 3:00	Keeping Calm <i>Simon McKibben</i>	Productive Decisions <i>Simon McKibben</i>	Keeping Calm <i>Simon McKibben</i>	Improving Sleep <i>Kay Hoffmann</i>	Improving Sleep <i>Simon McKibben</i>	Improving Attention <i>Simon McKibben</i>	Productive Decisions <i>Simon McKibben</i>
EARLY EVENING 5:30 – 7:00	Improving Attention <i>Simon McKibben</i>	Improving Attention <i>Simon McKibben</i>		Keeping Calm <i>Kay Hoffmann</i>	Productive Decisions <i>Simon McKibben</i>		Improving Sleep <i>Simon McKibben</i>

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