

# 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>
<b>MORNING</b> 10:30 – 12:00		<b>Improving Sleep</b> <i>Simon McKibbin</i>		<b>Productive Decisions</b> <i>Kay Hoffmann</i>	<b>Keeping Calm</b> <i>Simon McKibbin</i>		<b>Improving Attention</b> <i>Simon McKibbin</i>
<b>LUNCH</b> 1:30 – 3:00	<b>Keeping Calm</b> <i>Simon McKibbin</i>	<b>Productive Decisions</b> <i>Simon McKibbin</i>	<b>Keeping Calm</b> <i>Simon McKibbin</i>	<b>Improving Sleep</b> <i>Kay Hoffmann</i>	<b>Improving Sleep</b> <i>Simon McKibbin</i>	<b>Improving Attention</b> <i>Simon McKibbin</i>	<b>Productive Decisions</b> <i>Simon McKibbin</i>
<b>EARLY EVENING</b> 5:30 – 7:00	<b>Improving Attention</b> <i>Simon McKibbin</i>	<b>Improving Attention</b> <i>Simon McKibbin</i>		<b>Keeping Calm</b> <i>Kay Hoffmann</i>	<b>Productive Decisions</b> <i>Simon McKibbin</i>		<b>Improving Sleep</b> <i>Simon McKibbin</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