

# Mindfulness Skills for Students - Meditation Timetable (Online)

## Michaelmas 2020

	<b><u>MONDAY</u></b> 12 October - 30 November 2020	<b><u>TUESDAY</u></b> 13 October - 1 December 2020	<b><u>WEDNESDAY</u></b> 14 October - 2 December 2020	<b><u>THURSDAY</u></b> 15 October - 3 December 2020	<b><u>FRIDAY</u></b> 16 October - 4 December 2020
<b>LUNCHTIME SESSIONS 1.15-1.30</b>	Lunchtime Meditation Online 1.15-1.30pm (Students & Staff)	Lunchtime Meditation Online 1.15-1.30pm (Students & Staff)	Lunchtime Meditation Online 1.15-1.30pm (Students & Staff)	Lunchtime Meditation Online 1.15-1.30pm (Students & Staff)	Lunchtime Meditation Online 1.15-1.30pm (Students & Staff)
<b>EARLY AFTERNOON SESSIONS 1.30 – 3.00</b>		<b><u>Meditation Q&amp;A</u></b> <b><u>Online</u></b> Tuesdays at <b>1:30-2:00pm</b> (following lunchtime meditation session)			
<b>EARLY EVENING SESSIONS 5:15-6:45</b>			<b><u>Weekly Meditation</u></b> <b><u>Online</u></b> Wednesdays at <b>5:30-7:00pm</b>		