

Drop-in Meditation / Mindfulness Sessions

EASTER 2022, Online & In-person (Drop-in)

MONDAY 25 APRIL– 13 JUNE 2022	TUESDAY 26 APRIL– 14 JUNE 2022	WEDNESDAY 27 APRIL– 15 JUNE 2022	THURSDAY 28 APRIL– 16 JUNE 2022	FRIDAY 29 APRIL– 17 JUNE 2022
Lunchtime Meditation For students, staff & alumni <i>(Online)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Online)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Online)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Online)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Online)</i> 1:15-1:30pm
	1:30–2:30pm Mindfulness Support <i>Online: Open to all</i>			
			Mindful Stressbuster <i>WOLFSON COLLEGE</i> Thursdays at 5:30-6:30pm Varied programme of mindful relaxation and fun <i>Open to all</i>	