

Mindfulness Workshops

Easter Term 2019 with Dr. Elizabeth English

	Tuesday 23 April	Wednesday 24 April		Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May		Wednesday 8 May	Thursday 9 May
	Lucy Cavendish Wolfson Rm, Strathaird House <i>Disabled access</i>	Lucy Cavendish Wolfson Rm, Strathaird House <i>Disabled access</i>		Homerton College Bamford Room <i>Disabled access</i>	Homerton College Bamford Room <i>Disabled access</i>	Fitzwilliam College Gaskoin Room <i>No disabled access</i>	Fitzwilliam College Gaskoin Room <i>No disabled access</i>		St Edmund's College Garden Room <i>Disabled access</i>	St Edmund's College Garden Room <i>Disabled access</i>
AFTERNOON 3:30 – 5:00	Keeping Calm 3:30 – 5:00	Improving Attention 3:30 – 5:00		Improving Sleep 3:30 – 5:00	Improving Attention 3:30 – 5:00	Keeping Calm 3:30 – 5:00	Improving Attention 3:30 – 5:00		Productive Decisions 3:30 – 5:00	Improving Sleep 3:30 – 5:00
EARLY EVE 5:30 - 7:00	Productive Decisions 5:30 – 7:00	Improving Sleep 5:30 – 7:00		Productive Decisions 5:30 – 7:00	Keeping Calm 5:30 – 7:00	Improving Sleep 5:30 – 7:00	Productive Decisions 5:30 – 7:00		Keeping Calm 5:30 - 7:00	Improving Attention 5:30 – 7:00