

Mindfulness Skills for Students (MSS) Timetable: Lent Term 2019

Eight-week course with Dr Elizabeth English

MONDAYS 21 st Jan – 11 th Mar 2019 Jesus College Coleridge Room [28 th Jan, 18 th Feb Brewery Rm] Jesus Road <i>Disabled access</i>	TUESDAYS 22 nd Jan – 12 th Mar 2019 Clare Hall Richard Eden Suite West Court, Herschel Road <i>Disabled access (disabled parking on request)</i>	WEDNESDAYS 23 rd Jan–13 th Mar 2019 Magdalene College Benson Hall, First Court Magdalene Street <i>Disabled access (from street entrance)</i>	THURSDAYS 24 th Jan–14 th Mar 2019 St. Johns College Boys Smith Room, Fisher Building [21 st Feb, Dirac Room] Northampton Road <i>Disabled access</i>	F R I D A Y S	
MSS Course 1 Mondays 3:30pm-5:00pm Jesus College	MSS Course 2 Tuesdays 3:30pm-5:00pm Clare Hall	MSS Course 4 Wednesdays 3:30pm-5:00pm Magdalene College	MSS Course 6 Thursdays 3:30pm-5:00pm St Johns College		
	MSS Course 3 Tuesdays 5:30pm-7:00pm Clare Hall	MSS Course 5 Wednesdays 5:30pm-7:00pm Magdalene College	MSS Course 7 Thursdays 5:30pm-7:00pm St Johns College		

Mindfulness for Exams Workshops Lent 2019

We are also running individual sessions on Mindfulness for Exams on Wednesdays and Fridays during Lent 2019.

Please visit our [website](#) for further information or click [here](#) to view the Timetable.