# Mindfulness Programme

**EASTER 2022, Online & In-person (bookable & non-bookable sessions)**

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- **Lunchtime Meditation**
  - For students, staff & alumni
  - (Use link provided)
  - 1:15-1:30pm

- **Workshop**
  - Weeks 2-5 only
  - Check Workshop-timetable for dates and times

- **MSS Course 1**
  - **JESUS COLLEGE**
  - Mondays at 6:00-7:15pm

- **Mindful Stressbuster**
  - **WOLFSON COLLEGE**
  - Thursdays at 5:30-6:30pm
  - Varied programme of mindful relaxation and fun
  - *Open to all*

- **MSS Course 2**
  - **WOLFSON COLLEGE**
  - Thursdays at 4:00-5:15pm

- **1:30–2:30pm**
  - **Mindfulness Support**
  - *Online: Open to all*