

Mindfulness Programme

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

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>(Use link provided)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1:15-1:30pm	Lunchtime Meditation For students, staff & alumni <i>(Use link provided)</i> 1:15-1:30pm
Workshop Weeks 2-5 only Check Workshop- timetable for dates and times	1:30–2:30pm Mindfulness Support <i>Online: Open to all</i>	Workshop Weeks 2-5 only Check Workshop- timetable for dates and times		Workshop Weeks 2-5 only Check Workshop- timetable for dates and times
	MSS Course 1 <i>JESUS COLLEGE</i> Mondays at 6:00-7:15pm		MSS Course 2 <i>WOLFSON COLLEGE</i> Thursdays at 4:00-5:15pm	