

Mindfulness Skills for Students Timetable – 8 Week Programme

Lent 2020

	M O N D A Y	<u>TUESDAY</u> 21 st January – 10 th March 2020 <u>Selwyn College</u> Tower Room <i>Disabled access</i>	<u>WEDNESDAY</u> 22 nd January – 11 th March 2020 <u>Magdalene College</u> Benson Hall <i>Disabled access</i>	<u>THURSDAY</u> 23 rd January – 12 th March 2020 <u>St. Catharine's College</u> Rushmore Room <i>No disabled access</i>	F R I D A Y
EARLY AFTERNOON SESSIONS 1.30 – 3.00			<u>MSS Course 3</u> Wednesdays at 1:30-3:00pm		
MID AFTERNOON SESSIONS 3:30-5:00		<u>MSS Course 1</u> Tuesdays at 3:30-5:00pm	<u>MSS Course 4</u> Wednesdays at 3:30-5:00pm	<u>MSS Course 5</u> Thursdays at 3:30-5:00pm	
EARLY EVENING SESSIONS 5:30-7:00		<u>MSS Course 2</u> Tuesdays at 5:30-7:00pm	<u>MEDITATION DROP IN</u> Wednesdays at 5:30-7:00pm <i>Open to anyone who already knows meditation</i>	<u>MSS Course 6</u> Thursdays at 5:30-7:00pm	