

Mindfulness Skills for Students Timetable – 8 Week Programme

Michaelmas 2019

	<u>TUESDAY</u> 15 th October – 3 rd December 2019 <u>Christ's College</u> Lloyd Room <i>Disabled access</i>	<u>WEDNESDAY</u> 16 th October – 4 th December 2019 <u>Churchill College</u> Sixties Room <i>Disabled access</i>	<u>THURSDAY</u> 17 th October – 5 th December 2019 <u>St. Catharine's College</u> Rushmore Room <i>No disabled access</i>
MORNING SESSIONS	<u>MSS Course 1</u> Tuesdays at 11.30 – 13.00		
AFTERNOON SESSIONS	<u>MSS Course 2</u> Tuesdays at 3:30-5:00	<u>MSS Course 4</u> Wednesdays at 1:30-3:00	<u>MSS Course 6</u> Thursdays at 3:30-5:00
EARLY EVENING SESSIONS	<u>MSS Course 3</u> Tuesdays at 5:30-7:00		<u>MSS Course 7</u> Thursdays at 5:30-7:00