

Mindfulness Skills for Students (MSS) 8 Week Programme

Lent 2022 (book before the start of term)

| MONDAY 24 January – 14 March 2022 | TUESDAY | WEDNESDAY 26 January – 16 March 2022 | THURSDAY 27 January – 17 March 2022 | FRIDAY |
|--|----------------|---|--|---------------|
| Online | | Castlereagh Room, St John's | Online | |
| MSS Course 1 Mondays at 4.00-5.15pm | | MSS Course 2 Wednesdays at 4.00-5.15pm | MSS Course 4 Thursdays at 4.00-5.15pm | |
| | | MSS Course 3 Wednesdays at 6.00pm-7.15pm | MSS Course 5 Thursdays at 6.00pm-7.15pm | |