

Mindfulness Programme: EASTER TERM 2023

	Mondays 24th April-12th June	Tuesdays 25th April-13th June	Wednesdays 26th April-14th June	Thursdays Online 27th April-15th June
Every week		Mini-mindfulness Break Teams link here Tuesday 25th April, Online (15 mins) 1.00pm	Mini-mindfulness Break Teams link here Wednesday 26th April, Online (15 mins) 1.00pm	Mini-mindfulness Break Teams link here Thursday 27th April, Online (15 mins) 1.00pm
WEEK 1	College events to be announced <i>For example</i> • Mindful walk 'n' talk • Meet a mindful dog • Mindfulness & poetry • Meditation in nature	Taster Session Teams link here Online (30 mins) 4:00pm or 6:00pm Tuesday 25th April	Taster Session Teams link here Online (30 mins) 4:00pm or 6:00pm Wednesday 26th April	Taster Session Teams link here Online (30 mins) 4:00pm or 6:00pm Thursday 27th April
WEEKS 2-4		Better Sleep 3-week course 4:00pm or 6:00pm (75 mins sessions) Tuesdays 2nd May, 9th May and 16th May St Johns College, Boys Smith Room	Finding Focus and Balance 3-week course 4:00pm or 6:00pm (75 mins sessions) Wednesdays 3rd May, 10th May and 17th May St Catharine's College, Ramsden Room	Keeping Calm 3-week course 4:00pm or 6:00pm (75 mins sessions) Thursdays 4th May, 11th May and 18th May Jesus College, Coleridge Room
WEEK 5		Mini-mindfulness Break Teams link here Tuesday 23rd May, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Wednesday 24th May, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Thursday 25th May, Online (15 mins) 1.00pm and 6.00pm
WEEK 6		Mini-mindfulness Break Teams link here Tuesday 30th May, Online 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Wednesday 31st May, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Thursday 1st June, Online (15 mins) 1.00pm and 6.00pm
WEEK 7		Mini-mindfulness Break Teams link here Tuesday 6th June, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Wednesday 7th June, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Thursday 8th June, Online (15 mins) 1.00pm and 6.00pm
WEEK 8		Mini-mindfulness Break Teams link here Tuesday 13th June, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Wednesday 15th June, Online (15 mins) 1.00pm and 6.00pm	Mini-mindfulness Break Teams link here Thursday 16th June, Online (15 mins) 1.00pm and 6.00pm