Mindfulness Meditation and The Relaxation Response-Wednesday Group

2 Aug 2017 - 12:00pm to 25 Oct 2017 - 1:00pm | Room 2008, Level 2, East Wing, Quadrangle Building. Map Ref.E17

Instruction and practice in Mindfulness Meditation is provided in weekly sessions.

Learn about the beneficial effects of mindfulness and meditation on overall health, and on your capacity to focus your mind. This Wednesday workshop focuses on well being skills. You may attend as many or as few as you like but it is recommended that you come regularly to optimize the benefit of the practice to you.

To register please click on https://www.surveymonkey.com/r/CAPS_Registrations_2017