Mindfulness Meditation and The Relaxation Response Workshops

2 Aug 2017 - 12:00pm to 26 Oct 2017 - 1:00pm

Learn about the beneficial effects of mindfulness and meditation on overall health, and on your capacity to focus your mind.

Instruction and practice in Mindfulness Meditation is provided in weekly sessions. Both the Wednesday workshop and the Thursday workshop focus 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.

Dates

- **Wednesday Group**: 12pm-1pm (Wednesdays from 2 Aug to 25 Oct 2017)
- **Thursday Group**: 12pm-1pm (Thursday from 10 Aug to 26 Oct 2017)

Location

- Room 2008, Level 2, East Wing, Quadrangle Building. Map Reference E17

Register now