Mindfulness Meditation

21 Oct 2019 to 14 Nov 2019

These classes lay the foundation for students to understand basic principles of mindfulness, develop a personal meditation practice, and to apply the principles in their daily life in an ongoing basis. In these mindfulness meditation classes, we will offer a theme each week, engage in a discussion and do a practice together. Come to individual sessions or attend each week.

Monday session

Mondays from 1-2pm (starts in Week 2 and ends in Week 9) Note: there will be no class on Monday 7 October due to the Labour Day public holiday.

Note the password for registration is: UNSWCAPs

Register now

Wednesday session

Wednesdays from 12-1pm (starts in Week 2 and ends in Week 9)

Note the password for registration is: UNSWCAPs

Register now

Thursday session

Thursdays from 12-1pm (starts in Week 1 and ends in Week 9)

Note the password for registration is: UNSWCAPs

Register now