Mindfulness Meditation - Wednesday Group
25 Jul 2018 - 12:00pm to 17 Oct 2018 - 1:00pm | Room 2008, level 2, East Wing, Quadrangle Building, Map Ref E17

Instruction and practice in Mindfulness Meditation is provided in weekly sessions on Wednesdays. Mindfulness skills are a great way to deal with stress more effectively and improve concentration. You may attend as many or as few as you like but it is recommended that you come regularly optimise the benefit of the practice to you.


Time: 12pm for 1 hour, in Room 2008, level 2, East Wing, Quadrangle Building.

To Register please click on [https://www.surveymonkey.com/r/CAPS_workshop_registrations_2018](https://www.surveymonkey.com/r/CAPS_workshop_registrations_2018)