Mindfulness Meditation - Thursday Group
26 Jul 2018 - 12:00pm to 18 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 Thursdays. 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 to optimise the benefit of the practice to you.

Starting from Thursday 26th July to Thursday 18th Oct 2018 (except 27th Sept during mid Semester Break). Time: 12pm for 1 hour.

Room 2008, level 2, East Wing, Quadrangle Building.

To register please click on https://www.surveymonkey.com/r/CAPS_workshop_registrations_2018