Online Mindfulness Group - Workshop

12 Jun 2020 - 12:00pm - 31 Jul 2020 - 1:00pm

These online workshop classes lay the foundation for understanding basic principles of mindfulness, developing a personal meditation practice, and applying the principles in one's daily life on an ongoing basis.

It is recommended that you attend regularly to build skills and make positive changes to your life.

Starting from Friday 12 June and ending on Friday 31 July 2020, from 12 - 1pm.

To register, click the button below.

Find out more

https://student.unsw.edu.au/events/2020/05/online-mindfulness-group-t2-2020