Mindfulness Meditation - WEDNESDAY 4pm Term 1
20 Feb 2019 - 4:00pm to 24 Apr 2019 - 5:00pm | Room 2008, level 2, East Wing, Quadrangle Building, Map Ref E17

Instruction and practice in mindfulness meditation is provided in weekly sessions.

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. **4pm** Term 1, room 2008, level 2, East Wing, Quadrangle Building.

**To register please click on** [https://www.surveymonkey.com/r/Workshop_Registrations_CAPS_2019](https://www.surveymonkey.com/r/Workshop_Registrations_CAPS_2019)