LUNCHTIME MINDFULNESS MEDITATION

April - July 2017

1.15 - 2.00pm in the Graduate Training Suite, Medical School
(Turn left at the entrance, and it’s on your first right. Please knock if you do not have access to the room)

These sessions are designed to introduce participants to a range of mindfulness meditation practices they may find helpful in their everyday lives, at work and at home; practices that may help them to find ways to reduce stress and develop a better sense of well-being. Each session will involve one or two meditation practices, and there will be opportunity for questions and discussion.

The sessions are open to everyone, with or without prior experience of meditation, and are designed so that people can dip in and out if they wish to.

The sessions will be led by Michael Atkinson, Teaching Fellow in Medical Education, School of Medical Education.

Please contact michael.atkinson@ncl.ac.uk if you would like more information.

April

25th: Mindfulness of Breathing

May:

2nd: Just meditation practice
9th: Compassion Meditation
18th: Just meditation practice
23rd: Managing stress through mindfulness
30th: Just meditation practice

June:

14th: Mindfulness and ‘down time’.
28th: Just meditation practice

July:

4th: Gratitude meditation
12th: Just meditation practice

Please book via: https://workshops.ncl.ac.uk/