LUNCHTIME MINDFULNESS
AUTUMN TERM 2017

EVERY WEEK FROM 1.15 - 2.00PM
THE GRADUATE TRAINING SUITE,
MEDICAL SCHOOL

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.

PLEASE BOOK VIA: HTTPS://WORKSHOPS.NCL.AC.UK/FMS/MINDFULNESS/

September
Monday 25th: Managing Stress through Mindfulness

October
Monday 2nd: Mindfulness of the Breath
Tuesday 10th: Mindfulness in Everyday Life
Wednesday 18th: Cultivating Compassion
Tuesday 31st: Mindfulness and Resilience

November
Wednesday 8th: Mindfulness and Well-being
Wednesday 15th: Body Scan Meditation
Tuesday 23rd: Mindfulness and Productivity.
Tuesday 28th: Mindfulness and ‘Down-Time’.

December
Monday 4th: Mindfulness in the Workplace.
Tuesday 12th: Mindful Communication.
Tuesday 19th: Cultivating Generosity.