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 staff and students with or without prior experience of meditation, and are designed so that you can dip in and out if you wish to.

Students can book here: https://workshops.ncl.ac.uk (staff do not need to book).

Sessions will be held in the Faculty of Medical Sciences (FMS) and Humanities & Social Sciences (HaSS).

FMS sessions will be held in the Graduate Training Suite in the Medical School and HaSS sessions will be held in the Doctoral Training Room 5.68 in the Daysh Building.

12.09.19 (FMS) Mindfulness of Breathing 1.15 - 2.00pm
18.09.19 (HaSS) Mindfulness in Everyday Life 1.15 - 2.00pm
23.09.19 (FMS) Working with Stress 1.15 - 2.00pm
08.10.19 (HaSS) Loving-kindness Meditation 1.15 - 2.00pm
14.10.19 (FMS) Enhancing Attention and Curiosity 1.15 - 2.00pm
21.10.19 (HaSS) Body Scan Meditation 1.15 - 2.00pm
30.10.19 (FMS) Mindfulness and Health 1.15 - 2.00pm
12.11.19 (HaSS) Working with Thoughts 1.15 - 2.00pm
25.11.19 (FMS) Mindfulness and Decision-Making 1.15 - 2.00pm
04.12.19 (HaSS) Mindfulness and Learning 1.15 - 2.00pm

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

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