Lunchtime Mindfulness

January - March 2018

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/

January
Monday 22nd: Stepping Out of Automatic Pilot
Wednesday 31st: Mindfulness and Stress

February
Wednesday 7th: Breathing Meditation
Tuesday 15th: Mindfulness and Resilience
Monday 19th: Cultivating Compassion
Tuesday 27th: Working with Emotions

March
Tuesday 7th: Mindfulness in Everyday Life
Thursday 15th: Silence and 'time out'
Tuesday 20th: Mindfulness at Work.
Tuesday 27th: Switching Modes of Mind.