Mindfulness means paying attention in a particular way; On purpose, in the present-moment, and non-judgementally.

— Jon Kabat-Zinn

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 either 6.16 PGR Training Space or 6.19 PGR Learning Lab in the Daysh Building (these rooms are next door to each other on the 6th floor).

17.01.20 (FMS) Mindfulness of Breathing 1.15 - 2.00pm
27.01.20 (HaSS) Mindfulness in Everyday Life 12.00 - 12.45pm
04.02.20 (FMS) Managing Stress 1.15 - 2.00pm
11.02.20 (HaSS) Loving-kindness Meditation 12.00 - 12.45pm
20.02.20 (FMS) Enhancing Attention 1.15 - 2.00pm
25.02.20 (HaSS) Body Scan Meditation 12.00 - 12.45pm
03.03.20 (FMS) Mindfulness and Mental Health 1.15 - 2.00pm
10.03.20 (HaSS) Working with the Critical Mind 12.00 - 12.45pm
17.03.20 (FMS) Mindful Movement 1.15 - 2.00pm
24.03.20 (HaSS) Mindfulness and Physical Health 12.00 - 12.45pm

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

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