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 you can dip in and out if you wish to.

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

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.

Book here: https://workshops.ncl.ac.uk

01.05.19  (FMS)  Mindfulness of Breathing 1.15 - 2.00pm
09.05.19  (HaSS)  Practicing Self-Kindness 11.45 - 12.30pm
14.05.19  (FMS)  Body Scan Meditation 1.15 - 2.00pm
20.05.19  (HaSS)  Cultivating Well-being 1.15 - 2.00pm
06.06.19  (HaSS)  Enhancing Attention and Focus 1.15 - 2.00pm
12.06.19  (FMS)  Mindfulness and Healing 1.15 - 2.00pm
20.06.19  (HaSS)  Mindfulness and Resilience 12.15 - 1.00pm
27.06.19  (FMS)  Mindfulness and Compassion 1.15 - 2.00pm
03.07.19  (HaSS)  Working with Judgement 1.15 - 2.00pm
10.07.19  (FMS)  Mindfulness and Neuroscience 1.15 - 2.00pm

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