

Meditation - all students welcome!

Dates: March 18th, 25th, April 1st, 8th & 29th, May 6th, 13th, 20th, 27th, June 3rd, 10th

Time: Thursdays 12.20pm - 12.55pm (doors open 12.10pm)

Location: WP Rogers Room, Level 4 Union House West.

Join our meditation sessions to relax, recharge, feel great and learn simple skills to help with stress management and boosting study performance. Sessions begin with some gentle movement and breathing exercises before flowing between different styles of meditation.

Sessions are free but bookings are essential. Numbers are strictly limited due to the Covid19 restrictions.

Sessions are conducted by Greg Smith for Student Life.

For further information and bookings phone 8313 5663 or email counselling.centre@adelaide.edu.au

