

Learn to Meditate - All students welcome!

Dates: Thursday 24th March and 31st March

Time: 1:00 to 2:00pm.

Location: Ira Raymond Room, Level 3 of Hub Central, near the Ask Library desk.

Campus Maps <https://www.adelaide.edu.au/campuses/north-terrace/#tab-1-content>

Meditation and mindfulness are ancient skills that have had a huge upswing in popularity in the Western world in recent years. Hundreds of studies now show how effective meditation can be to manage stress and aid in achieving goals, such as boosting study performance.

Join our meditation sessions to relax, recharge and learn how to develop your own practice. A few different styles of meditation will be covered, so you can find one that is best for you. A special focus will be given to using meditation and visualisation to achieve desired goals.

Sessions are free but bookings are essential.

Sessions are conducted by Greg Smith for Student Life. Greg is a psychologist and student counsellor with a long interest in both Eastern and Western approaches to health and wellbeing.

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

