



**Mindfulness based
stress reduction
(MBSR) Zoom
8 week course**

Booking title	Date (2022)	Start time	Finish time
MBSR Course week 1	2 Feb	1400	1600
MBSR Course week 2	9 Feb	1400	1600
MBSR Course week 3	16 Feb	1400	1600
MBSR Course week 4	23 Feb	1400	1600
MBSR Course week 5	2 Mar	1400	1600
MBSR Course week 6	9 Mar	1400	1600
MBSR Course - Silent ½ Day	11 Mar	1400	1700
MBSR Course week 7	16 Mar	1400	1600
MBSR Course week 8	23 Mar	1400	1600

Course lead: Dr Sanjay Suri

Consultant Paediatrician & Mindfulness teacher in training.

Please contact me directly on sanjay.suri2@nhs.net to book on the 8 week course