



Spring 2022 - All Classes Live Online

Mindfulness Taster Session

Saturday, January 8, 2022

10-10:30am

FREE

Deepen Your Practice

3-Session Mindfulness Course

Tuesdays, Jan. 18, 25, Feb. 1

6-7:30pm

£40/\$53

New Year's Online Retreat

Saturday, February 5, 2022

4-7pm BST / 11am-2pm EDT / 8-11am PDT

Open to all.

(Not recommended for complete beginners.)

£25/\$34

Mindful Mondays

1pm BST / 8am EDT

FREE Fortnightly 20-min

Mindfulness Sessions

Start Date: January 10, 2022

Pre-register:

[https://action.new-](https://action.new-unity.org/mindfulmondays)

[unity.org/mindfulmondays](https://action.new-unity.org/mindfulmondays)

Online Only Until Further Notice

MBSR (Mindfulness Based Stress Reduction)

Eight-Week Course

Wednesdays 7-9pm UTC / 2-4pm EDT / 11am-1pm PDT

Start Date: Wednesday, March 2, 2022

£150-300 Sliding Scale

Mindfulness for Musicians

Tuesday, February 8, 2022

7-8pm UTC

£10/\$14

Private One-to-One

Mindfulness Session

£60/\$80

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