

# MU Student Counselling & Mindfulness

What Mindfulness can I practice with the Maynooth Student Counselling Service?

## Introduction to Mindfulness classes

The Student Counselling Service runs Mindfulness classes where you will have the opportunity to practice some formal and informal mindfulness practices in a small group where you learn about bringing mindfulness into everyday living.

New dates and venue will be posted for the next classes when they are confirmed.

## Lunchtime Monthly Mindful Walk

From **1.15pm – 1.45pm** – leave from the ground floor Student Services Building foyer at 1.15pm sharp.

New dates will be posted for the next walks when they are confirmed.

## What you can do at home

While we're in lock-down and waiting for the above to resume, here are some online practices you can try out now: <https://www.padraigomorain.com/free-mindfulness-audios/>