

MINDFULNESS MEDITATION



CIT students are invited to learn techniques to de-stress and focus

Sessions are 20 minutes.

Every Monday*

3.00–3:20pm

3:30–3:50pm

CIT Reid Library, Room E05e

Wear comfy clothes. No need to book and you can join either session or both. These sessions are

Sessions are brought to you by

(02) 6207 3290 | CIT.Student.Support@cit.edu.au

*Excludes during semester/term break and public holidays