

LEARN MINDFULNESS ONLINE!

Take part in an online mindfulness study by researchers
at the University of Sussex

10 mins a day for 10 days, with a survey at the beginning and end.
Full access to a second course at the end of the study!

Requirements:

- You must be aged 18+
- You mustn't have more than 10mins meditation experience
- You will need a computer for the start and end of the survey

Sussex University study credits available

Sign up: tinyurl.com/learn-mindfulness
Contact: m.lovell@sussex.ac.uk

