

Learn mindfulness online!



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

10 minutes a day for 14 days, with a survey at the beginning and end and with full access to a second course at the end of the study!

Requirements:

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

Sussex Uni study credits available

tinyurl.com/learn-mindfulness m.lovell@sussex.ac.uk

m.lovell@sussex.ac.uk

[illegible]