

LEARN MINDFULNESS ONLINE!

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

10mins/day, 10 days
Full access to a second course at the end of the study!

Requirements:

18+

<10 hours meditation experience

Survey at beginning and end requires a computer

Sign up: tinyurl.com/learn-mindfulness

Contact: m.lovell@sussex.ac.uk

Sussex University study credits available

