

MINDFULNESS MEDITATION

A workshop series at Bannatyne

Bi-weekly on Mondays

Jan. 26 – April 6, 2026

12:00 – 1:00 pm

Multi-Faith Centre (78 Brodie)

Find Your Calm: Join our biweekly Mindfulness Meditation workshops to reduce stress, improve focus, and learn techniques to center yourself. All learners and staff are welcome to participate.

Registration required. To register, please email spiritualcare@umanitoba.ca or use this QR Code:



**University
of Manitoba** | Spiritual Care and
Multi-Faith Centre

