

# **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](mailto:spiritualcare@umanitoba.ca)  
or use this QR Code:**



**University  
of Manitoba**

**Spiritual Care and  
Multi-Faith Centre**

