

MANCHESTER  
1824

The University of Manchester

**SIXWAYS**  
to wellbeing

# Muse Meditation

Feeling overwhelmed? Come and try out our Muse Headbands for a unique guided meditation practice.

**Every Tuesday and Thursday**

**13th - 24th January 2020**

**11 am - 1 pm**

**Main Library**

Please bring your own wired headphones along with you to the session!