

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.

Drop-in sessions:

**Wednesdays: 12th, 19th
& 26th February 2020**

11am-1pm Main Library

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