

Mindfulness Sessions



Sessions:

Lunchtime Mindfulness

8 Oct, 12pm - 12:30pm,
Helios Visitor Centre + Hybrid

Mindful Moments: Unlock Inner Peace and Clarity

10 Oct, 3:30pm - 5pm, Infuse Theatre

Take time off in your day to slow down. Participate in a variety of mindfulness practices and learn how it can be infused in your daily life. The sessions are led by A*STAR staff volunteers who are trained mindfulness facilitators from the Mindfulness Interest Group.

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