

Practice Anapana Meditation Sessions

Meditation has proven benefits for mental health, helping to reduce stress, improve wellbeing, and enhance performance at work.

Come along and experience these benefits through Anapana meditation—a simple, accessible technique and the first step in the Vipassana practice.

Led by Dr Khyati Parikh (NHS Research & Development), these sessions offer a supportive introduction to mindful breathing and mental stillness.

Anapana meditation: Practice - 10 minutes

Time: **Session 1: 12:35 to 12:55**

Session 2: 13:00 to 13:20



2nd April: Room 203 Suttie Centre

9th April: Room 201 Suttie Centre

16th April: Room 201 Suttie Centre

23rd April: Room 129 Suttie Centre

29th April: 4th East Meeting Room,

Ashgrove House



7th May: Room 129 Suttie Centre

14th May: Room 201 Suttie Centre

21st May: Room 201 Suttie Centre

28th May: 4th East Meeting Room,

Ashgrove House

Join one or both sessions on the day. Everyone is welcome but booking is essential. Please email khyati.parikh@nhs.scot to book your space.