

Yoga & Wellbeing Classes

Every Wednesday through the Autumn Term starting on 10 October until 12 December at 1.15pm to 1.45pm in room TF.2.06 (The Forum Innovation Space – 2nd floor).

- Two separate classes will be offered (yoga and wellbeing) on alternate weeks.
- Yoga classes will centre around core exercises, breathing exercises and gentle movements which include gentle rotations, backbends, forward bends and rotations. You will then work through a proven empowering system which will leave you feeling refreshed and revitalised.
- Wellbeing classes aim to ease tension away through breathing exercises, joint mobility exercises, as well as visualisation exercises. These will help reduce stress and have a calming effect on both the mind and the body.
- Both classes are free to attend and will not require a change of clothes.
- You are not required to book in advance for these classes.

Wed 10 October	Mindfulness
Wed 17 October	Yoga
Wed 24 October	Mindfulness
Wed 31 October	Yoga
Wed 7 Nov	Mindfulness
Wed 14 Nov	Yoga
Wed 21 Nov	Mindfulness
Wed 28 Nov	Yoga
Wed 5 Dec	Mindfulness
Wed 12 Dec	Yoga