

Wellness Week 2023



Mindfulness Time
All Week! All Classes!
11.45pm-12.15pm

Try Yoga
and
HITT!

6th – 9th
June 2023



Thinking Tuesday

June 6th

Enjoy a yoga session with our visiting instructor **Brid!**

Learn about what mindfulness is and explore some mindfulness activities with your class every day this week.



Work-Out Wednesday

June 7th

Take part in a lively and fun filled workout with our visiting gym instructor **Conor!**

Explore the topic of Healthy Eating in class.



Thankful Thursday

June 8th

May this day bring a little extra love and gratitude your way. There is always something to be grateful for.

Get outside and remind yourself how nature can positively impact our wellbeing-
class walks for everybody!



Free to Be Me Friday

June 9th

Let's celebrate being ourselves! Be comfortable, be you and enjoy it.
Wear your own clothes!



Music and dance in the yard for break times!



