



Take part in a Wellbeing Activity during this year's Welcome Festival!

Welcome Festival



All sessions are:

- Free to attend
- Suitable for beginners
- Easy to find - if you aren't sure where to go, just ask at the St John's Main Reception



Welcome Festival: Wellbeing

WELLBEING MONDAY

DATE	Monday 12 September
EVENT	An introduction to mindfulness and meditation with Guy from the Zen Shed in Worcester
LOCATION	St John's Campus Gym 1 (EE G114 Close to Starbucks)
TIMES	12.30, 2pm and 3.30pm
NO OF TICKETS	20 per session

WELLBEING TUESDAY

DATE	Tuesday 13 September
EVENT	Drumming workshops with Drumlove
LOCATION	Marquee on the quad
TIMES	12.30, 2pm and 3.30pm
NO OF TICKETS PER SESSION	20

WELLBEING WEDNESDAY

DATE	Wednesday 14 September
EVENT	An introduction to Yoga & Meditation with Yoga 7 studio in Worcester
LOCATION	St John's Campus Gym 1 (EE G114 Close to Starbucks)
TIMES	12.30, 2pm and 3.30pm
NO OF TICKETS PER SESSION	20

WELLBEING THURSDAY

DATE	Thursday 15 September
EVENT	Gong Bath (Sound Based Meditations, are a gentle but effective way of deeply relaxing) with Angie from Sacred Earth Note: bring a blanket
LOCATION	St John's Campus Gym 1 (EE G114 Close to Starbucks)
TIMES	12.30, 2pm and 3.30pm
NO OF TICKETS PER SESSION	20

WELLBEING FRIDAY

DATE	Friday 16 September
EVENT	An introduction to Quigong with Kev Price from Red Dragon Martial Arts, Worcester
LOCATION	St John's Campus Gym 1 (EE G114 Close to Starbucks)
TIMES	12.30, 2pm and 3.30pm
NO OF TICKETS	20 per session

10 MINUTE MESSAGES

These free sessions are running on Monday, Wednesday and Friday from 12-4 in EEG168 (this is a classroom just off the St John's Campus main reception).

BOOK YOUR SLOT: <https://events.worcsu.com/event/welcome-festival-10-minute-massage-sessions/71720>