

Mindful Sport

World Mental Health Day 2019 Taster Activities

Activity	Time	Where will it be	For	Details	Cost
Chair based Yoga Dance With Lauren	11.00 -11.45	Inside the Harpur Suite	18+	Gentle seated yoga with dance poses	Free
Percussion Sound baths with Nathan	12.00-12.55	Inside the Harpur Suite	All ages welcome	Sound baths bring the therapeutic application of sound frequencies to the body/mind	Free
Percussion Sound baths with Nathan	13.00-13.55	Inside the Harpur Suite	All ages welcome	Sound baths bring the therapeutic application of sound frequencies to the body/mind	Free
Mindful Yoga taster with Rachael	14.00-15.00	Inside the Harpur Suite	18+	Gentle beginner yoga with breathing techniques	Free

Let's Be Open About Mental Health To
Break The Stigma

ONE YOU

5 Ways to Wellbeing

Working together with fusion

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