



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT



MINDFUL MOVEMENT AND MEDITATION

**Half an hour to step away from your desk to breath,
stretch and relax.**

Every Tuesday and Wednesday during term time

12-12.30 pm Students

12.30-1 pm Staff

In the Wholeness Studio at St Peter's House

First come first served. We are a registered charity and
committed to offering a developing and sustainable programme.

Suggested donation £1-£2

CHAPLAINCY TO THE UNIVERSITIES OF MANCHESTER AND THE RNCM

0161 275 2894 OFFICE@STPETERS.ORG.UK

W: STPETERS.ORG.UK REGISTERED CHARITY NO. 1166935