



LUNCHTIME PROGRAMME: OCTOBER–JANUARY 2018/19

MONDAY

Pilates
12.30–1.15pm

Deepen connections within your body and align your mind and movement, whilst having a good old core work-out.

Students/Concs: £2.50
Non-Students: £5:00
Booking essential
countmein@stpeters.org.uk

TUESDAY

Mindful Movement & Meditation.
12.30 – 1:00 pm

Maximise your lunch break and start the afternoon epic! This 30 minute session will help you switch off, tune into your body and refocus your mind.

WEDNESDAY

I'm Just Gonna Shake Shake Shake...
12.30–1pm

Shake it off, and remember that all roads lead to the weekend from Wednesday lunchtime... 30 minutes of disco-beats and dancing like nobody's watching.

THURSDAY

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Each week, different members of the St Peter's House team will draw on the ancient wisdom of their spiritual paths to create a space which is gentle, contemplative and mindful.

FRIDAY

Yoga to Unwind
12.30 – 1:00 pm

This breath-led, mindful yoga session will relax your body and mind, and bring some peace to the end of your week.

Students/Concs: £2.50
Non-students: £5
Booking essential:
countmein@stpeters.org.uk

**FOR OUR FULL WHOLENESS PROGRAMME PLEASE VISIT WWW.STPETERS.ORG.UK
OR PICK UP A PROGRAMME FROM RECEPTION.**