

PROGRAMME: AUTUMN-WINTER

2019 (UNLESS OTHERWISE NOTED, OUR PROGRAMME IS FOR EVERYONE. EVERYONE.)

MONDAY

Morning Pause: 9.30-10am

L The Chapel

Pilates: 12.30-1.15

Email countmein@stpeters.org.uk
Students/Concs: £2

Non-students: £5

L Wholeness Studio

Yoga for Beginners: 2-3pm

Please note: this course has been kindly funded by University of Manchester 'Sporticipate', and so is open only to UoM registered students. Please provide valid student number on arrival.

L Wholeness Studio

TUESDAY

Yoga Breakfast: 8-9am

Email: countmein@stpeters.org.uk
Students: £4

Non-students: £7.50 (Note: Price includes session and breakfast).

L Milk & Honey

Morning Pause: 9.30-10am

L The Chapel

Mindful Movement and Meditation: 12.30-1pm

L Wholeness Studio

Lunch-break Gardening: 1-2pm

L St Peter's Gardens

WEDNESDAY

Morning Pause: 9.30-10am

L The Chapel

Yoga to Energise: 9-9.45am

Please note: this course has been kindly funded by University of Manchester 'Sporticipate', and so is open only to UoM registered students. Please provide valid student number on arrival.

L Wholeness Studio

I'm Just Gonna Shake, Shake, Shake, Shake: 12.30-1pm

L Wholeness Studio

Global Crafts of Wellbeing: 1-2pm

Note: Whilst hosted by the Mandarin Community and particularly aimed at International students, this group will be presented in English and open to all. Keep an eye on the Mandarin Community FB Page for more information.

L Milk & Honey

'Hello there!': Milk & Honey Volunteer Introductions: 2.30-3pm

Email: volunteer@milkhoneycafe.org

L Milk & Honey

THURSDAY

Morning Pause: 9.30-10am

L The Chapel

Breathing Space: 12.30-1pm

L Wholeness Studio

Bee Love: 1-2pm

Email volunteer@milkhoneycafe.org for more information.

Healing Arts: choosing beauty when the going gets tough: 2-3pm

Note: Please bring along any project you are currently working on. Some simple resources and ideas will also be available each session so feel free to come along empty-handed.

L Milk & Honey

FRIDAY

Morning Pause: 9.30-10am

L The Chapel

Hand Massage: 10am-12pm

For more information about this, please email wholeness@stpeters.org.uk

As a little taster, every week we offer free hand massages in Milk & Honey. Pop over and you'll find the lost art of human touch to soothe and send you on your way as you round off your week.

L Milk & Honey

Yoga to Unwind: 12.30-1.15pm

Email countmein@stpeters.org.uk
Students/Concs: £2

Non-students: £5

L Wholeness Studio

Words of Wisdom: Book Club

1-2pm, 1st and 3rd Friday
Email office@stpeters.org.uk

L Milk & Honey



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L = Location