



Celebrating the Success of 'It's in Our Nature' Month

Throughout April, the University shone a spotlight on nature and biodiversity, running more than 20 events to raise awareness of the importance for environmental sustainability.

A standout moment came on 10 April, when 40 staff members took part in a 'Yoga in Nature' session. Led by experienced teacher Karon Mee, the session included gentle standing postures, breathwork, visualisation and sound – all inspired by the natural world. Karon's approach is rooted in nature and seasonal cycles, drawing on traditions from this land and beyond, including moon phases and cultural milestones throughout the year. The sunny weather made the outdoor practice even more

special, and the session was warmly received by all.

Later that afternoon, a group of dedicated students and staff joined a litter pick in Whitworth Park, helping to clean up the local area as part of the Great British Spring Clean, a national initiative led by Keep Britain Tidy.

The Firs Botanical Grounds also welcomed visitors throughout the month with a series of open days. On the first day alone, over 40 people visited the historic site to explore its Living Plant Collections, greenhouses, and tranquil gardens. Nestled in what was once Sir Joseph Whitworth's garden, the Firs has been a centre for research and teaching for over a century. These events offered the chance to learn about the University's environmental research, enjoy educational plant trails, and hear more about plans to develop the site into a botanical garden for Manchester.

Thank you to everyone who took part and supported events this month – together, we're helping nature thrive on campus.

To see more of our sustainability events, visit our [events page](#) and follow us on Instagram @uomsust