The University of Manchester



**SPORT • DANCE • HEALTH & FITNESS • MASSAGES**• LIFESTYLE ADVICE • MIND & BODY • RELAXATION • NUTRITION



All Wellbeing Week activities are designed for beginners and are **FREE** to staff and students of The University of Manchester.

All activities must be booked in advance except those marked in purple.

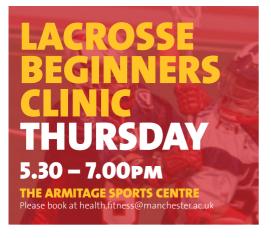
AVAILABLE AT POINTS THROUGHOUT THE WEEK					
11.00am – 4.00pm	"Health Rocks" trail	The Manchester Museum			
12.00am – 3.00pm	Lifestyle M.O.T. (10min appointments available with qualified fitness instructor)	Dover Street Building, Dover Street			
	10 minute massage – Head, neck and shoulders	Wellbeing Room 2, Dover Street			
	10 minute massage – Head, neck and shoulders (Tuesday and Wednesday only)	Sackville St Building, H Floor, Room H11			
12.00am – 2.00pm	5-a-side football tournament (Staff only – Entry closes 18th March 2011)	The Sugden Sports Centre			

MONDAY	11.15 – 11.45am	Introduction to pilates	Wellbeing Room 1, Dover Street
	12.00 – 12.50pm	Salsa	The UMSA Activity Room, Dover Street
	12.00 – 2.00pm	"Health Rocks" workshop	The Manchester Museum
	1.00 – 1.50pm	Salsa	The UMSA Activity Room, Dover Street
	1.00 – 2.00pm	Actively managing your mood	Wellbeing Room 1, Dover Street
	2.00 – 2.50pm	Caribbean fit jam dance	The UMSA Activity Room, Dover Street
	2.00 – 3.00pm	Introduction to relaxation for stress	Wellbeing Room 1, Dover Street
	5.00 – 6.00pm	Group singing – modern music choir	Auditorium, St Peters House Chaplincy
TUESDAY	12.00 - 12.50pm	Hatha yoga	The UMSA Activity Room, Dover Street
	12.00 - 1.00pm	How to prepare for your first 10K run – Nutrition and training tips	The UMSA TV Room, Dover Street
	12.00 – 2.00pm	Posturite – Are you sitting correctly at your desk?	University Place
	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
	1.00 – 2.00pm	Managing your busy mind	Wellbeing Room 1, Dover Street
	1.15 – 2.00pm	"Glee" – Dance and sing	The UMSA Activity Room, Dover Street
	1.30 – 2.30pm	Sleep better	Sackville St Building, H Floor, Room H11
	2.00 – 3.00pm	Calm energy and how to achieve it	Wellbeing Room 1, Dover Street
	4.00 – 5.00pm	Relaxation	Wellbeing Room 1, Dover Street

AY	11.15 – 11.45am	Introduction to kettlebell conditioning	Wellbeing Room 3, Dover Street
		Motivation: How to get started and how to get going	The UMSA TV Room, Dover Street
	11.15 – 11.50am	Introduction to pilates	The UMSA Activity Room, Dover Street
	12.00 12.50pm	Introduction to Alexander technique	Wellbeing Room 1, Dover Street
		Introduction to Ashtanga yoga	The UMSA Activity Room, Dover Street
	12.00 – 12.50pm	You and your boss	The UMSA TV Room, Dover Street
	12.00 – 1.00pm	Yoga for healthy lower backs	Sackville St Building, H Floor, Room H11
SD	12.00 – 2.00pm	Free swim	Manchester Aquatics Centre
NO	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
WEDNESDAY	1.00 – 2.00pm	Managing procrastination	The UMSA TV Room, Dover Street
	1.10 – 2.00pm	Core strengthening	Sackville St Building, H Floor, Room H11
	1.10 – 2.10pm	Introduction to Shiatsu massage	The UMSA Activity Room, Dover Street
	1.30 – 2.15pm	Introduction to kettlebell conditioning	Wellbeing Room 3, Dover Street
	2.00 – 3.00pm	Belly dancing	Sackville St Building, H Floor, Room H11
	2.15 2.15	Kick boxing	Wellbeing Room 3, Dover Street
	2.15 – 3.15pm	Bootcamp	The UMSA Activity Room, Dover Street
	5.00 – 6.00pm	Mindfulness meditation	Wellbeing Room 1, Dover Street
	12.00 – 1.00pm	"Foods that energise, foods that calm and foods that effect our mood" workshop	The UMSA TV Room, Dover Street
	12.10 – 12.50pm	Tai Chi	The UMSA Activity Room, Dover Street
	12.15 – 1.00pm	Introduction to Taekwondo	Wellbeing Room 3, Dover Street
	12.30 – 1.30pm	Campus health walk	Dover Street Building reception
		Mindfulness based stress reduction	Wellbeing Room 1, Dover Street
THURSDAY	1.00 – 2.00pm	"How we gather fat around the middle and we get rid of it"	The UMSA TV Room, Dover Street
₽		Salsa	The UMSA Activity Room, Dover Street
F	1.10pm	Music concert	Martin Harris Centre
	1.30 – 2.30pm	Relaxation workshop	Sackville St Building, H Floor, Room H11
	2.00 – 3.00pm	Making changes: What helps and what gets us stuck	Wellbeing Room 1, Dover Street
	4.45 – 5.45pm	Laughter yoga	The UMSA Activity Room, Dover Street
	5.00 – 5.50pm	Zumba	Reynold Building Concourse
	5.30 – 7.00pm	Lacrosse beginners clinic	The Armitage Sports Centre
¥	12.00 – 1.00pm	How to manage back pain – with the University physiotherapist	The UMSA TV Room, Dover Street
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FRIDAY	1.00 – 2.00pm	Belly dancing	The UMSA Activity Room, Dover Street









For further information on Wellbeing Week visit www.manchester.ac.uk/wellbeingweek

Or visit SPORT – Head Office William Kay House 333 Oxford Road Manchester M13 9PG

Sport reception: 0161 275 4962

If you have any problems accessing the building, please contact the office using the details above.



