



All activities listed are free, unless otherwise stated. This schedule will be updated as events and venues are added and confirmed - so keep an eye out!

**Colour code key:** X – Training and workshops, X Special wellbeing activities & events, X – Regular classes, X - LSESU Gym sessions

<div>  <div>LSE Wellbeing Week Friday 4 March 2016</div>  </div>			
Day	Time	Activity	Venue & booking
Friday	12pm to 1pm	<b>Self-hypnosis</b>  This session will cover what is hypnosis?, myths and FAQs about hypnosis, how hypnotherapy works, self-hypnosis demonstration	<b>Mike Bryant</b>  <b>TW2.3.04</b>  <b>No need to book in advance</b>
Friday	12pm	<b>Gym tour and free class</b>  Take a tour of the facility and then follow this a free class up in the studio (depending on numbers). Classes will be low intensity but please wear suitable clothing and footwear	<b>Ali Abas</b>  <b>LSE SU Gym</b>  Email <a href="mailto:A.Abas@lse.ac.uk">A.Abas@lse.ac.uk</a> to book in advance
Friday	5pm to 6pm	<b>Salsa taster session</b>  Come along to a free salsa taster session. Get Fit, Get Fabulous and Dance! Dancing is still one of the most fun ways of keeping fit – building your stamina and flexibility.	<b>Samantha Da Costa</b>  <b>Activities Studio, 6<sup>th</sup> Floor Studio</b> <b>Saw Swee Hock</b>  Email: <a href="mailto:S.E.Da-Costa@lse.ac.uk">S.E.Da-Costa@lse.ac.uk</a> to book in advance