



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 Staff Wellbeing Week Thursday 3 March 2016</div>  </div>			
Day	Time	Activity	Venue & booking
Thursday	8am to 9am	Tai chi Tai Chi practice reaches body, mind and spirit. It can improve your general body condition, balance and coordination; helps reduce stress and increases body and mind relaxation. As an exercise it is gentle but also energetic at the same time.	Ines Alonso-Garcia Faith Centre Class cost: £5.00 Email: I.Alonso-Garcia@lse.ac.uk to book in advance
Thursday	10am to 6pm	10 minute wellness sessions Information given including a body composition analysis, including body fat mass and metabolic rate etc. You will also receive a pre-prepared fitness plan or ideas dependant on various results.	Ali Abas LSE SU Gym Email A.Abas@lse.ac.uk to book in advance
Thursday	12pm	Gym tour and free class 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	Ali Abas LSE SU Gym Email A.Abas@lse.ac.uk to book in advance

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Thursday	12pm to 1pm	Hatha Yoga Hatha Yoga can benefit wellbeing. The practice involves working through a series of postures with the breath and mental focus. This combination develops strength, flexibility and awareness and rejuvenated your whole being.	Lee Carter Faith Centre, Class cost: £8.00 Email rawfruits@hotmail.com to book in advance
Thursday	1.05pm to 1.50pm	Boxfit Boxfit is a great way to improve muscle strength, tone up, lose weight, increase bone density, meet new people and reduce major illnesses such as heart attacks, diabetes, high cholesterol, high blood pressure etc.	Mandy Li Old Gym Free if new to class, otherwise £5.00 Email m.li@lse.ac.uk to book in advance
Thursday	1 pm to 2pm	Sleep Better Are you experiencing insomnia or disrupted sleep? Are your sleeping patterns affecting your day to day functioning? It will increase your understanding of the process of sleep and explore strategies and ideas about how you might work towards achieving better sleep.	Adam Sandelson TW2.1.02 No need to book in advance
Thursday	2.00pm – 3.30pm	Dr Grace Lordan and Global Corporate Challenge 2016 Walking to Better Health: Dr Grace Lordan (Department of Social Policy) will be discussing her recent research, followed by an introduction to the Global Corporate Challenge (GCC) and an optional group walk. This session is ideal for both those who have not previously participated in the GCC and would like to know more about it, but also those who are enthusiastic advocates and former participants!	Dr Grace Lordan and Global Corporate Challenge NAB 4.21 (New Academic Building) Email: Staffwellbeing@lse.ac.uk to book in advance

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		The discussion session will last approximately one hour, with the optional group walk in the final half hour. GCC pedometers will be provided for the duration of the walk, to illustrate how far a short walk goes to meet daily activity targets.	
Thursday	5pm to 6pm	Tai chi Tai Chi practice reaches body, mind and spirit. It can improve your general body condition, balance and coordination; helps reduce stress and increases body and mind relaxation. As an exercise it is gentle but also energetic at the same time.	Ines Alonso-Garcia Badminton Court Class cost: £5.00 Email: I.Alonso-Garcia@lse.ac.uk to book in advance