The week in events.

**Thursday 10th**
‘The Development of Loving Kindness’ Mindfulness
‘The development of loving kindness’ addresses a more positive and healthy attitude to one’s own welfare, and also one’s attitude towards other people - kindly, friendly, and with an attitude of ‘well-wishing’.
*Jessop Building Room 215 — 12:00-13:00*

**Friday 11th**
Board Game Café
What better way is there to boost our social wellbeing than with a board game? Board games require interaction with others, and whether that’s cooperation or competition, spending time with peers and friends with a fun environment is great for our health.
From draughts to dominoes, and strategy games to card games, there’s something for everyone at our new Board Game Café.
*Firth Court Chancellor’s Room — 12:00-13:00*

**Monday 14th**
Yoga
Come and try Ashtanga yoga. Fun and energetic, you’ll develop strength, flexibility and your laughter muscles at the same time!
*SR DB13, Bartolome House — 12:15-13:00*

**Tuesday 15th**
Sheffield Mind Talk - Introduction to Mental Health
Simon Francis from Sheffield Mind will be delivering an introductory session on mental health, exploring the do’s and don’ts around mental health, delivering a practical guide on mental health and hosting an opportunity for discussion and participation.
*ICOSS Conference Room — 13:00-14:00*

**Wednesday 16th**
Meditation
This relaxing class will allow you to focus on your breathing and body to help you achieve a calmer mind, setting you up for the rest of the day.
*LT 9, Hicks — 12:15-13:00*

**Thursday 17th**
Choir
This informal session will help to develop your singing technique, build your confidence, and offer you an opportunity to meet new people.
*Jessop Building Ensemble Room 1 — 13:00-14:00*

**Friday 18th**
Pilates
A refreshing mind and body workout which focuses on core stability and posture. Exercises are performed in a very slow, controlled manner incorporating relaxation and breathing techniques.
*Conference Room, Alfred Denny — 12:30-13:15pm*