



Wellbeing Day Saturday October 22nd 2016

Programme

9.30 - 9.45	Registration/Sign Up for taster sessions Tea/coffee
9.45 - 10.45	BodyGossip workshop with Francine Part 1
10.45 - 11.00	<u>Coffee break</u>
11.00 - 12.00	BodyGossip workshop Part 2
12.00 - 1.00	Lunch
1.00 - 2.00	Movement as Therapy 1 with Eveline/Taster sessions
2.00 - 2.15	<u>Coffee break</u>
2.15 - 3.15	Movement Session 2 with Eveline/Taster sessions will continue <u>until 3.45pm</u>
3.15 - 3.45	Plenary/Evaluation sheets

Taster therapy sessions will include Reiki, Shiatsu, Indian Head Massage, Hand/Foot Massage, and Reflexology.

There will also be two manicure/polish stations available.

This Wellbeing Day is totally free of charge, courtesy of the winning team from Robert Gordon's College in their school's Youth Philanthropy Initiative.

