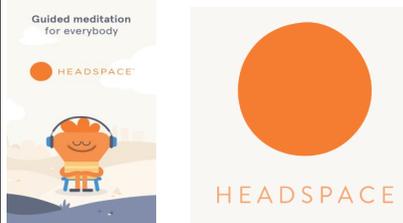


NTU Mental Health Awareness Week 18 - 22 MAY 2020

Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
<p>12.15-1pm Yoga with Jade</p> <p>Join Jade to stretch and bring new movement into the body</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>Special Guests the Mac twins and The Gut Stuff</p> <p>Join us if you've got GUTS 1-2pm</p> <p>Join the Gut Stuff to hear the real scoop behind tummy teas, cleanses and detoxes. Not to be missed Live event on Microsoft Teams. To register email: healthyntu@ntu.ac.uk</p>	<p>7.45-8.30 Yoga with Vicky</p> <p>Join Vicky to stretch, relax and get some headspace</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>2pm Cooking—Omelette</p> <p>Join Paul, who is no cook. He will be having a go at cooking an Omelette. Ingredients needed: 3 eggs Cheese Mixed herbs Frozen mixed vegetables Mushrooms</p> <p>Recording will go live at 2pm HERE</p>	<p>8-8.45 Pilates with Tati T</p> <p>Move your body and challenge your balance, posture, strength and flexibility</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>
	<p>8-8.45am Bootcamp with Danny</p> <p>A great way to kickstart your day with boot camp circuits</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>8.30-9.15am Mindfulness with Vicky</p> <p>Relax and clear your Mind</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>8-8.45 Circuits with Adam</p> <p>Join Adam to work your body through a series of exercise</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>12 —1 pm Connect Lunch and Origami</p> <p>Join the Virtual Global Lounge for a chat and learn basic origami at the same time!</p> <p>Find out more on Facebook or Twitter @ntuglobalounge</p>
<p>2—4 pm Games Afternoon</p> <p>Join the Virtual Global Lounge to play games, such as Pictionary, typing game and a quiz at 2.30 pm.</p> <p>Find out more on Facebook or Twitter @ntuglobalounge</p>	<p>12.15-1pm HIIT with Adam</p> <p>Get ready for some High Intensity Interval Training</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>2—2.30 pm Guided Meditation</p> <p>Join the session to calm your mind over at the Virtual Global Lounge's Faith and Chaplaincy channel.</p> <p>Find out more on Facebook or Twitter @ntuglobalounge</p>	<p>1.15-2pm Yoga with Leah</p> <p>Join Leah to stretch, breath and energise your body</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>1:30—2:00 Tie-Dying with Leah</p> <p>Transform your old clothes and join Leah for a step-by-step tie-dying tutorial</p> <p>Recording will go live from 1:30 HERE</p>
	<p>5.15-6pm Pilates with Cheryl</p> <p>Move your body and challenge your balance, posture, strength and flexibility</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>	<p>5.15-6pm Aerobic Conditioning With Cheryl</p> <p>Enjoy this workout to get your body moving and your lungs working</p> <p>Contact NTU Sport for the session Zoom code via Instagram @ntufitness, Twitter @ntusport</p>		<p>3-4pm DJ Set with Paul</p> <p>Funky and uplifting tunes to get you ready for the weekend.</p> <p>Recording will go live from 3pm HERE</p>
		<p>5—7 pm Games Afternoon</p> <p>Join the Virtual Global Lounge to play games, such as Pictionary, typing game and Fifa.</p> <p>Find out more on Facebook or Twitter @ntuglobalounge</p>		

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