

Exam Success/ Exam De-stress

Monday April 18th to Friday April 29th

Free Half Hour Sessions of Relaxation/De-stressing /Mindfulness

Every Day	Activity	Venue
11am - 11.30am	Relaxation/De-stress	The Space (upstairs in Aras na Mac leinn)
1pm - 1.30 pm	Mindfulness	The Space
5pm - 5.30pm	Relaxation/De-stress	The Space

Free Physical Activity Programme for Exam Success

Time	Activity	Venue
9am - 9.35 Daily	Virtual Spin	Kingfisher Ground Floor Studio D
1pm - 2pm Mon & Thurs	5K Walk/Run	Meet outside Kingfisher (Leaders Barry & Ciaran)
1pm - 3pm Daily	Available for Kickabout	Cages Corrib Village
4pm - 4.35pm Daily	Virtual Body Balance	Kingfisher Upstairs Studio C

Supported by **The Student Project Fund**

All Welcome
FREE