

Monday 7th January	Tuesday 8th January	Wednesday 9th January	Thursday 10th January	Friday 11th January	Monday 14th January	Tuesday 15th January	Wednesday 16th January	Thursday 17th January	Friday 18th January
Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.	Relaxing Study Space, 10-4, Study area next to the Students' Union, Tait Building.
Yoga, 12.30-13.30, City Sport.	FREE Breakfast, 8.30-10, The Students' Union Hub.	Lip-balm Making Workshop, 12pm-2pm, University Building Foyer.	FREE Breakfast, 8.30-10, The Students' Union Hub.	Guided Meditation, 12.30pm-1pm, The Chaplaincy Quiet Reflection Room.	Yoga, 12.30-13.30, City Sport.	FREE Breakfast, 8.30-10, The Students' Union Hub.	The Listening Post, 12.30pm - 2pm, Chaplaincy Multi-Faith Room.	FREE Breakfast, 8.30-10, The Students' Union Hub.	Pilates, 12.15-13.15, City Sport.
Book a Bike, all day except for during classes (please check City Sport website for availability), City Sport.	Academic Advice Drop-in, 11.30am-4pm, The Students' Union Advice Centre.	Yoga, 12.45-13.45, City Sport.	Dog Cuddle Room, 1.30pm-3.30pm, C316. (PLEASE NOTE THIS EVENT IS TICKETED)	Pilates, 12.15-13.15, City Sport.		Academic Advice Pop-up, 12pm - 4pm, Room 2013, Cass Business School.	Yoga, 12.45-13.45, City Sport.	Guided Meditation, 12.30pm-1pm, The Chaplaincy Quiet Reflection Room.	Book a Bike, all day except for during classes (please check City Sport website for availability), City Sport.
	Afrobeats, 17.45-18.45, City Sport.	Book a Bike, all day except for during classes (please	Yoga by Candlelight, 18.00-19.00, City Sport.	Book a Bike, all day except for during classes (please		Afrobeats, 17.45-18.45, City Sport.		Yoga by Candlelight, 18.00-19.00, City Sport.	

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Relaxing Study Space, 10am-4pm daily, Tait Building. Please note, the study space will be open without additional features for the full day.

Come along to the Study Space in the Tait Building and try our **light therapy lights** to beat those winter blues while you work, take a break with some **colouring or a puzzle**, and help yourself to a **healthy snack**.

FREE Breakfast, Tuesdays and Thursdays, 8.30am-10am, Students' Union.

Every Tuesday and Thursday mornings we'll be giving out **free porridge** in the Students' Union. Drop-in any time between 8.30am and 10am to get yours.

Dog Cuddle Room, Thursday 10th January, C316.

We'll be hosting our furry friends from Mr B's Proper Walks to help take your mind off your exam worries, so come and meet them!

Please note that this event is **FREE but TICKETED**. **Please reserve a slot on our website**. There will also be some buckets at the event so you can donate your spare change to some worthy dog-related causes.

Lip and Beard-balm Making Workshop, Wednesday 9th January, 12pm-2pm, University Building Foyer.

Drop in and let the Sustainability Team help you to **make your very own pot of lip or beard balm out of beeswax from City's hives!** Learn about City's bees and take your pot away with you. It only takes 10 minutes!

Guided Meditation, Friday 11th and Thursday 17th January, 12.30pm-1pm, Chaplaincy Quiet Reflection Room, Tait Room.

Join the Chaplaincy Team as they guide you through some meditative practices based on Mindfulness techniques, designed to **calm your mind and focus on being in the moment**.

The Listening Post, Wednesday 16th January, 12.30pm – 2pm, Multi-Faith Room.

Drop in hosted by the Chaplaincy. **Feeling a little overwhelmed? Want to have a chat, drink some tea/coffee and enjoy a piece of cake?** Drop in for a friendly and listening ear. Chat in the group or speak privately with a chaplain. Any concerns/questions, send a quick email to Ian.Worsfold.1@city.ac.uk

Academic Advice Drop-in, Tuesday 8th January, 10am-4pm, Students Union Advice Centre (Please report to SU reception).

Answering your questions about **assessments, Extenuating Circumstances, appeals and other academic issues**. Drop in at any point during the day to receive confidential advice, find out your rights and responsibilities and ensure best learning outcomes.

Academic Advice Pop-up, Tuesday 15th January, 12pm-4pm, Room 2013, Cass Business School.

Are you a Cass Student? Have **questions about assessments, Extenuating Circumstances, appeals or other academic issues**, but don't have time to come all the way to the Union? Drop into our pop-up and get some advice.

Yoga, Monday 7th/14th January, 12.30am-1pm, and Wednesday 9th/16th January, 12.45pm-1.45pm, City Sport.

Explore the connection between your breath and body movements with this **modern vigorous yoga practice** inspired by the traditional Indian yoga discipline that aims to **promote control of the body and mind**. 5 free spaces. Please note that this event is **FREE but TICKETED**.

Please reserve a slot on our website. You will also need to add yourself to the membership system at City Sport here:

<https://memberships.citysport.org.uk/memberships/introduction.aspx>

Afrobeats, Tuesday 8th/15th January, 5.45pm – 6.45pm, City Sport.

Get moving to music at this **Afrobeats dance class**. 5 free spaces. Please note that this event is **FREE but TICKETED**. **Please reserve a slot on our website.** You will also need to add yourself to the membership system at City Sport here:

<https://memberships.citysport.org.uk/memberships/introduction.aspx>

Yoga by Candlelight, Thursday 10th/17th January, 6pm – 7pm, City Sport.

Yin yoga is a **slow-paced style of yoga** with postures that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes. Feel soothed in the **relaxed atmosphere** created by the soft candlelit studio. 5 free spaces. Please note that this event is **FREE but TICKETED**. **Please reserve a slot on our website.** You will also need to add yourself to the membership system at City Sport here:

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Pilates, Friday 11th/18th January, 12.15pm – 1.15pm, City Sport.

This multitasking workout can **correct your body alignment** and **strengthen your core muscles**. 5 free spaces. Please note that this event is **FREE but TICKETED**. **Please reserve a slot on our website.** You will also need to add yourself to the membership system at City Sport here:

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Book-a-Bike, Monday 7th - Friday 11th January, Thursday 17th January, Friday 18th January, all day except for during classes, City Sport.

Find yourself outside the City, cycling across **brehtaking landscapes** using a state-of-art interval programme in the **cinema style cycle studio**. Book up to 60 mins on any day, between classes. **Please check the timetable on the City Sport website for availability**. 5 free spaces each day. You will need to add yourself to the membership system at City Sport here:

<https://memberships.citysport.org.uk/memberships/introduction.aspx>