

# WELLNESS EVENTS TIMETABLE

**STRETCH AND UNSTRESS.**

## WEDNESDAY | MORNING

**With Maura**

7:00 - 7:45

**Beginners Morning  
Yoga Stretch**

7:00 - 7:25

**With Sarah**

**Mindfulness**

Introduction &  
Gratitudes

7:50 - 8:00

**Morning Meditation**

7:30 - 8:00

**Mindfulness**

Morning Routine &  
Digital Detox

## WEDNESDAY | EVENING

**With Maura**

15:45 - 15:55

**Meditation**

**Maura & Sarah**

16:00 - 17:00

**Wine & Beer Yoga**



## THURSDAY | MORNING

**With Maura**

7:00 - 7:45

**Pilates for Beginners**

7:00 - 7:45

**With Sarah**

**Beginners Morning  
Yoga Stretch**

7:50 - 8:15

**Mindfulness  
Journaling**

7:50 - 8:00

**Mindfulness  
Mindful Eating**

# WELLNESS AT TREND MICRO

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# This Weeks Wellness Events

## *Class Descriptions*

### **Beginners Yoga**

The beginner class introduces the principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. This is a great way to try out Yoga for the first time. For those that are a little bit more experienced, the instructor will provide modifications to provide more of a challenge.

### **Beginners Pilates**

A Pilates class for first timers! Pilates tightens and tones your muscles; it also strengthens your body and increases your core flexibility. It involves workouts comprised of precise moves and specific breathing techniques. With Pilates there is no such focus on breath or meditation like in a Yoga class. In its simple form Pilates is more of a workout.

### **Wine & Beer Yoga**

Wine Yoga is a light hearted, social version of a Yoga Class. With Wine Yoga there is still Yoga movements, but instead of being centered around your breath you are centered around your drink. Instead of meditation music there will be upbeat music.

This is a great opportunity to unwind and relax with your colleagues after a long day.

This is a fun, social class, accessible to all levels with no experience required, the aim is to have some fun.



# Mindfulness

## *Introduction and Gratitudes*

Mindfulness is a gentle way of being present and seeing clearly what is happening in our lives. It offers a way of freeing us from the automatic pilot and unhelpful ways of thinking and responding. The term "present" simply refers to not being focused on past events or future worries, we focus on the present moment with no outside influences. This state of being present is often naturally lacking in our daily lives.

In this session, the concept of Mindfulness will be explained for complete beginners. One of the most effective Mindfulness tools, Gratitudes, will be introduced. This simple practice can help you become more grateful for what you have already achieved in life, rather than striving for happiness based on future goals.

# Mindfulness

## *Morning Routine + Digital Detox*

The first part of this session will explore the benefits of having a Mindful Morning routine. How this can facilitate or handicap your day and what you can do to bring mindfulness into your morning.

The second half of this session is explaining what a Digital Detox is. A Digital Detox is not throwing away your digital devices but more learning how to control your digital devices, rather than them controlling you.



## Mindfulness

### *Mindful Eating*

Mindful Eating is a form of Meditation. In regular Meditation, we focus on the breath to achieve present moment awareness. With Mindful Eating we swap the focus on the breath for the sensation of eating. Focusing on the five senses while enjoying food. This allows us to become present.

## Mindfulness

### *Journaling*

Journaling involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life.

Journaling allows people to clarify their thoughts and feelings, thereby gaining valuable self-knowledge. It's also a good problem-solving tool; oftentimes, one can hash out a problem and come up with solutions more easily on paper.

In this session you will learn about the benefits of journaling and some good journaling prompts to get you started.

## Meditation sessions

Each Meditation session is tailored for beginners. The concept of Meditation will be introduced and explained. The group will then be led through a short and simple guided meditation, to help clear the mind and refocus.

No experience required; each individual will meditate between 5 - 10 minutes. Learning the benefits of meditation

