

September 9th

LOCATION: CENSORED

PIMP MY PORRIDGE

A HEALTHY AND DELICIOUS START

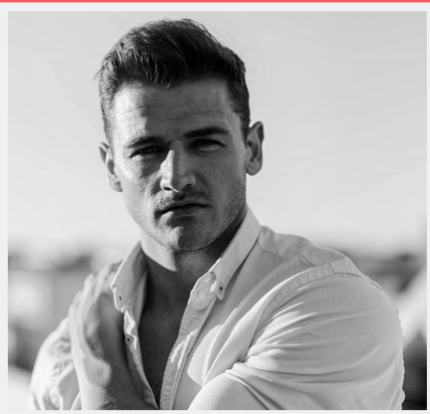


9:30AM - 10:00AM

Fuel your body and mind for the workday. Here you'll learn that with a little imagination porridge can be a fun, cheap and healthy way to start the day. There will be a vast choice of options in which to build their own healthy porridge, with the Umbrella staff explaining the different options and benefits.

NURTITION TALK

WITH SHANE O'ROURKE



10:00AM - 10:30AM

Shane is a qualified Nutritionist. He completed his Master's Degree in nutrition from the University of Chester, UK. He is a competitive Fitness model with the WBFF and a personal trainer based in Dublin. He delivers nutrition talks as part of Wellness Days as well as regularly featuring on the Health and Wellbeing Newsletter.

Shane previously worked in Insurance and Pension's as a Broker Consultant for 3 years before embarking on his fitness journey. He saw first-hand common mistakes regarding nutrition in the office environment. His goal is to educate office workers about simple and effective ways to change the most common mistakes seen in the office, and also impart knowledge on how to make better food choices. He feels that the more people know about food, the easier it becomes for the individual to make the right choices.



COMPANY WELLNESS

September 10th

LOCATION: CENSORED

BREATHWORK

WITH LAURA FARRINGTON

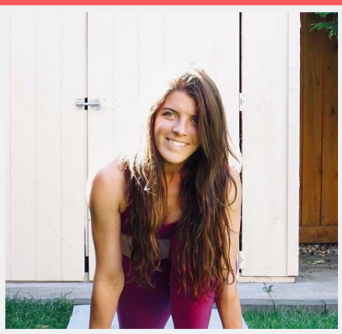
10:00AM - 10:40AM



This 40 minute meditation class will focus on the 4th limb of yoga; breath control. With little or no physical movement, this class will allow you to cultivate a deeper understanding and relationship to the power of the breath, using different breathing techniques to clear the mind and calm the nervous system.

We will explore the benefits of meditation and how it can help us during our workday become more focused and productive. You will leave this session feeling refreshed and motivated to continue the practice.

ABOUT LAURA



Laura previously worked for a large global mobile telecommunications company in a high-performing team of account managers, managing strategically important clients, a huge revenue target and a dispersed virtual team.

She soon felt the impact of stress, burnout and fatigue that a fast passed office environment can bring. She eventually turned to yoga and mindfulness to help balance work and life and out of a new found passion and interest, traveled to India, the birth place of yoga - to learn to be a Yoga and mindfulness teacher & coach.

Laura's aim is to teach techniques that will manage stress and enable you to look after your own mind and body.