



NUI Galway
OĒ Gaillimh

Mind Body & Soul Programme

January - March '10



Meditation

Moya Roddy
Every Thursday
Time: 1:10 to 2PM
Venue: Art Gallery, the Quad

Moya is an experienced meditation facilitator and is back with us this term by popular demand. Each weekly session includes simple relaxation techniques including Chakra balancing with sound and colour and Yoga Nidra (a form of body awareness). There will also be time for silent meditation. The group is open to everyone and the aim is to provide a warm nourishing environment where we can spend a little time with ourselves. **No need to book - drop in!**
Free for students; Staff 5€ per session



Container Gardening

Kay Sinnott
Tuesday 2nd Feb.
Time: 5:00 – 6:00
Venue: AM 205

No garden? No problem! Grow your own food anywhere with a container garden. This hands-on workshop will get you started growing your own food in containers. The focus will be on what seeds to use and how to sow them. You will learn how to grow herbs, salad and vegetables from seed, and how to raise them in a variety of containers from window boxes, hanging baskets and pots to all sorts of recycled containers. Reduce food miles, eat healthy and save money!

Booking required.

To book, Email cindy.dring@nuigalway.ie



Gourmet Cooking on a Shoestring

Kate Wright
Thursdays for 6 weeks, starting Jan 28th
Time: 6:00 to 8:00PM
Venue: Common Rm, Chapel of St. Columbanus (NUIG chapel)

Kate Wright is back with us for 6 weeks, armed with loads of new recipes and cookery ideas that she will prepare and serve to participants. Kate's passion for food led her to open her own café, The Cobblestone, in the heart of Galway, and after much prompting by her customers she opened Kate's Cookery School 6 years ago. Incorporating the principles of healthy eating, the course will teach people how to make nutritious & delicious dishes at low cost, covering breakfast, lunch, dinner, snacks, bread and desserts. It will truly expand your knowledge of cookery in a fun and pleasant way. **Free for students, staff €40. Booking required – numbers limited.** To book, Email cindy.dring@nuigalway.ie



Moving Mindfully

Florence Abram & Marese Cregg
Mondays starting 1st Feb.
Time: 5:30 – 7:00PM
Venue: 'The Space', Áras na Mac Léinn

Bring your mind and body into balance by practicing physical yoga postures with controlled breathing and meditation. Develop a mind-body-spirit centred practice by breathing mindfully during slow movements and experience your body as a vehicle for self-discovery through observation and attention. Learn to develop and to tune into your internal awareness. Wear loose comfortable clothing.

Booking required. Numbers limited.

To book, Email cindy.dring@nuigalway.ie



Massage Workshops

Ashling Battersby
Tuesdays for 3 weeks, starting Jan 26th
Time: 6:00 to 8PM
Venue: Large Acoustic Rm, Áras na Mac Léinn

We believe that basic massage is an essential life skill. It can be therapeutic and relaxing as well as stimulating and rejuvenating. Back by popular demand, this three week course will teach you the main techniques, and then you can try them out on those special people in your life. The course is for complete beginners as well as more experienced participants. Something for everyone! Ashling is a qualified massage therapist and yoga teacher, and also holds qualifications in Sports Injury Therapy and Reflexology. These are practical workshops and you will work in pairs, under her guidance. Don't forget your towel.

Booking required. Numbers limited.

To book, Email cindy.dring@nuigalway.ie



Getting Out of Your Head

Moya Roddy
Wednesdays for 3 weeks, starting Feb 3rd
Time: 6:30 – 8:30
Venue: AM205

A journey from the head to the heart using writing, chakra balancing, and meditation. Are there things you want to say, but don't know how to say them? Do you feel 'blocked' in any way? This workshop uses various techniques to get to a place of inner peace from where you can discover a way of expressing yourself more fully. Open to everyone. **No experience needed. Booking required – maximum 10 people.**

To book, Email cindy.dring@nuigalway.ie



WILL U stands for 'With Information Live and Love Safely at University.' It is a group of student volunteers who are trained to provide an outreach service in clubs, pubs, and around

campus. They offer impartial, non-judgemental information about safer sex, drugs and alcohol, and safety and hand out 'goodie bags' with condoms, information, sweets and other treats. The programme is a collaboration between the Students' Union and Student Services. To find out more, contact Cindy Dring or the SU Welfare Officer or log on to the ALIVE website www.nuigalway.ie/alive



How many cheeseburgers did you drink last month?

Take the e-PUB online and find out! Click on

<http://interwork.sdsu.edu/e-chug/ie/NUIGalway>



Get off the couch!

Check out the University's recreational programme. There's futsal, fun runs, 5-a side soccer, and much more. Click on

<http://www.sports.nuigalway.ie/recreation.html>



Smoking Cessation

Are you thinking about quitting smoking? Fed up with seeing your money go up in smoke? If you are a smoker, quitting is probably the best thing you can do for Smokers want to quit, but worry that it will be difficult. Getting help from an expert doubles your chance of success. You CAN get free from nicotine dependence! Both group sessions and one-to-one help is available.

Email cindy.dring@nuigalway.ie for details

It's all free for students!

To book a place or for more information: e-mail cindy.dring@nuigalway.ie or phone 091-492048. Or call in to the office in Áras Ní Éimhigh, the green building opposite tennis court car park, side entrance.

Health Promotion Service

A free service from NUIG Student Services. Drop in for information and guidance on:

Women's health, Men's health, Safer Sex, Weight Management, Alcohol & Drugs, Smoking, Healthy Eating, Relaxation, Physical Activity, Stress Reduction, Time Management, Local Health Services, and more!

Cindy Dring, Health Promotion Officer, Áras Ní Éimhigh
cindy.dring@nuigalway.ie ; 091 492048, 087 8526367



