

Well-Being (Helping Us!) Corner

Facilitators: Dr. Ilaria Guandalini & Ms Julie Mundair

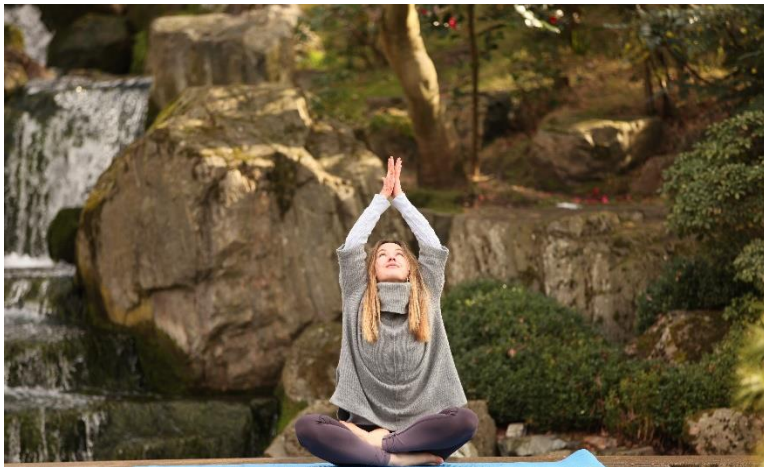
This is a pure 'staff space' in an event focused on students' learning experience and the new 'blended learning' normal. This corner recognises that we are human, and aims to 'help us' in better performing a job that is not just about passing knowledge and getting things done. We are required to inspire and engage, to adapt and react, to solve and support...but where do we take the energy all the time? Here some tips!

Yoga Boost – 1:00pm

Aimed to any level, the purpose of this session is to learn and practice few moves to apply any time we are in need of quick boost of energy and focus.

Instructor: Ms Guzel Mursalimova

(RYT 200 certified)



Guzel teaches moderately paced vinyasa yoga and encourages students to adopt growth mindset both on and off the mat. Guzel first started practicing yoga in 2011 to cope with anxiety and panic attacks and yoga practice transformed the way she thinks and the way she sees the world around her. In addition to being a yoga instructor she has a day job as a data analyst.

Mental Balance through Blue Spaces – 1:15pm

This session aims to inspire us to make the most of our beautiful Campus setting on the Thames, by appreciating and exploiting the advantages on mental health from accessing blue spaces.

Speaker: Dr Catherine Kelly



Join Dr. Catherine Kelly to explore the powerful effects of Blue Spaces on our wellbeing. If you've ever felt drawn to or are happier by the sea, rivers or lakes then listen to UoG tourism lecturer, wellbeing practitioner and author of bestselling book 'Blue Spaces - How and Why Water Can Make You Feel Better' help show you why this is!