



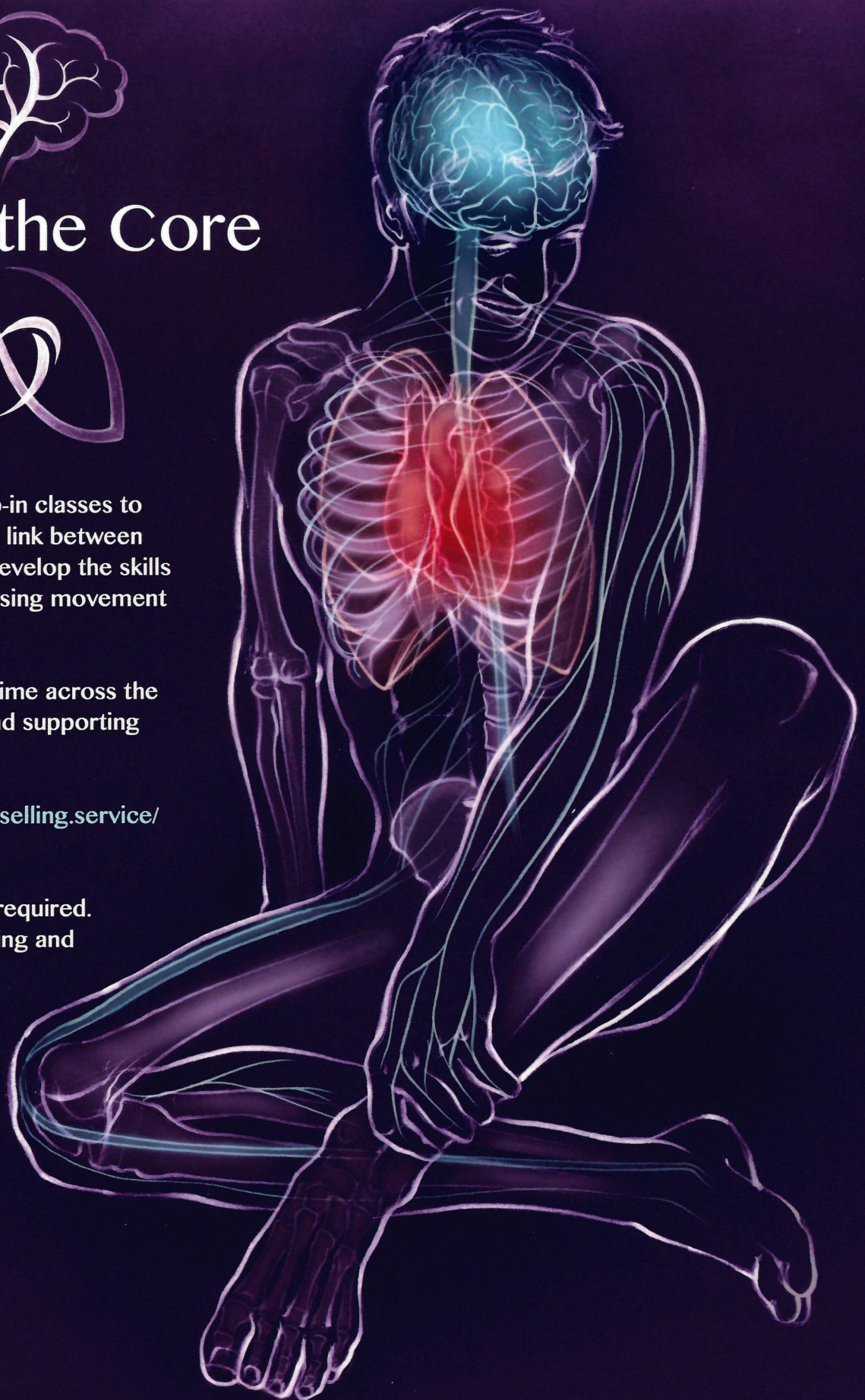
Calm to the Core

A series of themed drop-in classes to help you understand the link between mind and body, and to develop the skills to manage your mood using movement and breath.

Weekly classes in term-time across the University. Full details and supporting materials available at

www.durham.ac.uk/counselling.service/calmtothecore

No charge. No booking required.
Wear comfortable clothing and bring an extra jumper.



A collaboration between the Counselling Service and Experience Durham

Michaelmas Term Dates: Monday 15th October to Friday 14th December

Mondays, 2-3.15pm, Grey College, Fountains Hall

Mondays, 3.45-5pm, Hild & Bede College, East Gym

Wednesdays, 4-5pm, Maiden Castle Sports Centre

Thursdays, 2.45-4pm, Hatfield College, Birley Room

Fridays, 2.30-3.45pm, Stephenson College, Platform 3



Durham
University