

Date /Time	Monday 31 March 2025	Tuesday 1 April 2025	Wednesday 2 April 2025	Thursday 3 April 2025	Friday 4 April 2025
9-10am	(Book drop off to GHH for swap event on Thurs)	(Book drop off to GHH for swap event on Thurs)	(Book drop off to GHH for swap event on Thurs)	9.30-11.00am All SCCA staff - Books, Browse and Brews - Foyer of Gilmorehill Halls (Host <i>Lizelle Bisschoff</i> )	10.00am-12.20pm SHIATSU MASSAGE - Seated Japanese Acupressure with Lucy Trend, Shiatsu and Thai Massage Training Scotland (15 mins per person) Room 123A, Gilmorehill Halls
10-11am	10.15am-11.00am Pilates with <i>Ailsa-Mary Gold</i> , Performance Studio (317), Gilmorehill Halls	All SCCA Staff - Coffee, cakes & chat drop-in Room 101, 8 University Gardens (Host - <i>Nikki Kane</i> )	10.00am-12.00pm Workshop on Alexander Technique for posture & wellbeing (see <a href="https://www.nhs.uk/conditions/alexander-technique/">https://www.nhs.uk/conditions/alexander-technique/</a> )- delivered by <i>Workplace Wellbeing Glasgow</i> Room 123A, Gilmorehill Halls		
11am-12pm	11.15am-12.00pm Pilates with <i>Ailsa-Mary Gold</i> , Performance Studio (317), Gilmorehill Halls	11.15am-12.00pm Dabke (Palestinian traditional dance) workshop with <i>Farah Saleh</i> . Performance Studio (317), Gilmorehill Halls		11.00am-12.00pm: Tai Chi (session 2) with Five Winds Tai Chi Chuan (Glasgow) - James Arnott Theatre (507), Gilmorehill Halls	
12-1pm	SCCA Health & Wellbeing Week - Inaugural launch & lunch event 12.30-2.00pm James Arnott Theatre (507), Gilmorehill Halls Sharifa Abdullah				
1-2pm		12.30-2.50pm SHIATSU MASSAGE - Seated Japanese Acupressure with Lucy Trend, Shiatsu and Thai Massage Training Scotland (15 mins per person) Room 101, 8 University Gardens	Spring wellbeing walk incl Easter egg hunt with <i>Dee Heddon</i> 1.10-1.50pm. Meet at Main door of Gilmorehill Halls, University Ave	1.00-3.20pm SHIATSU MASSAGE - Seated Japanese Acupressure with Lucy Trend, Shiatsu and Thai Massage Training Scotland (15 mins per person) Room 101 (Club Room), 14 University Gardens	Mindfulness session with <i>Lizelle Bisschoff</i> - 1.10-1.30pm, Rm 123B, Gilmorehill Halls
2-3pm			2.15am-3.00pm Session (1) Yoga with <i>Emma Young</i> , Performance Studio (317), Gilmorehill Halls		SCCA Well-being Week Close: Feelgood Film Screening from 2pm - You choose - please vote here: <a href="https://forms.gle/S3gHWwrCGWVvYiqNN8">https://forms.gle/S3gHWwrCGWVvYiqNN8</a> by Thursday, 3 April. Popcorn will be provided! Andrew Stewart Cinema (321), Gilmorehill Halls Host: <i>Lizelle Bisschoff</i>
3-4pm	3.00-4.00pm: Tai Chi (Session 1) with Five Winds Tai Chi Chuan (Glasgow) - James Arnott Theatre (507), Gilmorehill Halls		3.15am-4.00pm Session (2) Yoga with <i>Emma Young</i> , Performance Studio (317), Gilmorehill Halls	3.00-4.00pm Singing workshop with Sophie Boyd, James Arnott Theatre (507), Gilmorehill Halls	
4-5pm					