

<p>Monday April 6th at 15:00 Buteyko Breathing Session <i>Facebook Live</i></p> <p>Delivered by Eoin Burns from Breathing Coach.ie</p> <p>Unite body, mind and soul by teaching you to breathe correctly.</p>	<p>Thursday April 9th at 19:00 Yoga with Jane Zoom (email info@migraine.ie to register)</p> <p>Delivered by Jane Whelan from Yoga with Jane.</p> <p>Enjoy the potential benefits of increased flexibility and strength as well as reduced stress.</p>
<p>Monday April 13th at 16:00 Somatic Yoga Session <i>Facebook Live</i></p> <p>Delivered by Laura Dowdall from Healing Yoga</p> <p>A session to uplift and nourish your mind and body. Learn practical wellbeing techniques to better support positive life-changes</p>	<p>Thursday April 16th at 18:00 Coping Skills: Self Soothing and Mindfulness workshop <i>YouTube workshop</i></p> <p>Delivered by Denis Ryan from Denis Ryan Therapy</p> <p>This mindfulness and self-soothing workshop will empower people with tools that can help support them through this period</p>
<p>Monday April 20th at 16:00 Using your brain to beat worry and stress</p> <p><i>Zoom (email info@migraine.ie to register)</i></p> <p>Delivered by Professor William T. O'Connor, University of Limerick Medical School.</p> <p>This session will touch on recent neuroscience findings on how our brain responds to worry and stress and will provide various strategies to overcome them.</p>	<p>Thursday April 23rd at 15:00 Guided Meditation</p> <p><i>Facebook Live</i></p> <p>Delivered by Josephine Lynch from Mindfulness Centre</p> <p>Thursday April 23rd at 18:00 Nutrition for stress and anxiety <i>Via The WellnessCrew.ie</i></p> <p>Delivered by Dr. Ciara Wright Glenville Nutrition</p>
<p>Monday April 27th</p> <p><i>To Be Confirmed and is subject to change</i></p> <p>Delivered by Dr. Sabina Brennan</p>	<p>Thursday April 30th 19:00 Zoom (email info@migraine.ie to register)</p> <p>Delivered by Jane Whelan from Yoga with Jane.</p> <p>Enjoy the potential benefits of increased flexibility and strength as well as reduced stress.</p>