

<p>Monday April 6th at 15:00 <u>Buteyko Breathing Session</u> <i>Facebook Live</i> Delivered by Eoin Burns from BreathingCoach.ie</p> <p>Unite body, mind and soul by teaching you to breathe correctly.</p>	<p>Thursday April 9th at 19:00 <u>Yoga with Jane</u> Zoom (email info@migraine.ie to register) 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 <u>Somatic Yoga Session</u> <i>Facebook Live</i> 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 <u>Coping Skills: Self Soothing and Mindfulness workshop</u> <i>YouTube workshop</i> Delivered by Denis Ryan from Denis Ryan psychotherapy</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 <u>Using your brain to beat worry and stress</u> Zoom (email info@migraine.ie to register) 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 <u>Guided Meditation</u> <i>Facebook Live</i> Deliver by Josephine Lynch from Mindfulness Centre</p> <p>Thursday April 23rd at 18:00 <u>Shake it off: Coping with stress and anxiety</u> <i>Via the WellnessCrew.ie</i> Delivered by Dr. Ciara Wright</p> <p>If you're suffering from stress and anxiety during this crisis, you're certainly not alone. Watch here for nutrition and lifestyle tips to help you cope.</p>
<p>Monday April 27th at 16:00 <u>Rejuvenate your brain (during COVID19)</u> <i>Format TBC</i> Delivered by Doctor Sabina Brennan, psychologist, neuroscientist, author of the No 1 best-seller 100 Days to a Younger Brain.</p> <p>Her workshop will take us through techniques to boost our brain health to build resilience during these extraordinary times.</p>	<p>Thursday April 30th 19:00 <u>Yoga with Jane</u> Zoom (email info@migraine.ie to register) 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>