

I Can, You Can

The possibility of this day is to Empower, Inspire and connect women within the our Community through a Health and Wellness Workshop Day. Mind, Body and Soul Development

Fact: It will be a lot of Fun!!

When:

Sunday 2nd Aug 11am - 5pm

sportBU

Cost:

FREE

Please **REGISTER YOUR NAME ON DOODLE PRIOR TO THE EVENT** (so we have an idea of numbers)

Facebook Page - <https://www.facebook.com/pages/I-Can-You-Can/828050327290867?fref=ts>

Doodle Link - <https://doodle.com/gtrebe56hbnn7qbp>

Where:

Sport BU, Bournemouth Uni Sports Hall, Fen Barrow, Talbot Campus, Poole, Dorset BH12 5BB

Who For:

All women over 16 years of age.

Areas of Learning: We have guided workshop style activities throughout the day as a whole and in smaller groups.

- Dance Fit Workshop - Get Active
- Affirmation Jump Rope - We are back to school with our large skipping ropes whilst learning what affirmations are and the power of our thoughts and words.
- Visualise - What does your dream future look like, what will you be doing, meet yourself 5 years from now at the '5 years from now Party'
- Visualisation for every day - Now you have discovered yourself in the future, we will create vision board for everyday visualisation.
- 30 Day Challenge - Think of one area of your life you would like to work on.

Other activities throughout the day:

Attitude of Gratitude

Get connected

Being Present

What To Wear:

Comfy moveable clothes and trainers/pumps

What To Bring:

Notepad and Pen

Food:

Please bring your own lunch and a water Bottle (and as a suggestion try the healthy option for a day, see how great you feel)

There is a Spa shop 5-10min walk from the Sports Hall.