

THE LIFE ROOMS

A-Z of Live Zoom Sessions Descriptions for November 2021

Helpful information:

- All Zoom sessions last 1 (one) hour.
- Before you get started with our Zoom sessions, please read the guidelines [here](#).
- To register for any of these sessions, have a look at the timetable on our Online Learning page [here](#) and click on the titles to complete your Zoom registration.

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| Box Fit | <p>This low to medium intensity session is a cardio workout using various boxing techniques. We will be increasing our heart rate whilst also building up strength all through our body. Box Fit is fun and gives you a great feel good factor. We finish this workout with a little stretch and relaxation. Adaptations for chair-based exercises are included.</p> <p>Maximum numbers = 20</p> |
| Confidence through Drama with Liverpool Everyman & the Playhouse | <p>A fun and easy-going drama workshop that uses games to build confidence and explore creativity. There's a different focus each week with the Liverpool Everyman & the Playhouse.</p> <p>Maximum numbers = 12</p> |
| Creative Writing for Well-being with Liverpool Everyman & the Playhouse | <p>The joy of writing for wellbeing is that nobody will judge your work, it's not a classroom and you will never be asked to show your writing. In writing for wellbeing, we spend time using prompts to connect with feelings and different issues.</p> <p>Maximum numbers = 12</p> |

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| Home Gym | <p>A low to medium intensity home workout that looks at engaging all our muscles in the comfort of our own home. We may use walls, chairs, and sofas with food tins as weights or tea towels for resistance. We are hoping to provide an activation and mobilisation workout whilst engaging in gentle cardio. We will also try to provide seated options for the exercises where possible.</p> <p>Maximum numbers = 12</p> |
| International Men’s Day/ Men’s Mental Health | <p>An opportunity to discuss how mental health stigma, diagnosis and life opportunity can impact on men differently. A safe space for men to meet, form friendship and talk about their own experiences.</p> |
| Life Rooms Learning – Side by Side Meeting | <p>Side by side sessions are your chance to shape the way we deliver our sessions at Life Rooms. Come along and bring your opinions!</p> |
| Life Rooms Quiz | <p>Join Tom in his general knowledge Life Rooms quiz for an entertaining whistle-stop tour through the world of trivia and randomness!</p> <p>Maximum numbers = 12</p> |
| Making Music | <p>If you are learning the ukulele, Bass, drums or just want to join in on the tambourine, maracas or singing along, this session is for anyone wanting to join in with playing music. We will choose songs and play them together over zoom. Words and chords will be on screen to follow and don’t worry about making mistakes, being on mute, you to improvise however you wish. All abilities welcome.</p> <p>Maximum numbers = 12</p> |
| Mental Health Monday | <p>An opportunity to check in with others, share experiences of how we’re feeling, as well as learn tips and strategies to improve our wellbeing; for instance, alleviate stress and anxiety, increase mood levels and raise self-esteem. The two Learning Facilitators can offer their own experiences of what they find useful in managing their own mental health. The session aims to reduce mental health stigma by making it part of our everyday ‘normal’ conversation and forming positive connections with others.</p> <p>Maximum numbers = 12</p> |
| Mindfulness and Movement with Movema | <p>Refresh and invigorate your body and mind! Moving mindfully allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy, and strengthen our mind-body</p> |

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| | <p>connection. Sessions will include breathing exercises, meditation, movement and stretches to help release tension.</p> <p>Maximum numbers = 20</p> |
| Mindful Stretching | <p>Mindful stretching is a session to focus the mind and body, linking breathing techniques with movement, balance and stretching.</p> <p>There is a short mobilisation and warm at the start, and an optional 8-10 minute relaxation at the end.</p> <p>Maximum numbers = 20</p> |
| Poetry and Life Writing | <p>These sessions are delivered by our very own Life Rooms Poet in Residence, Maria Isakova -Bennett. The session aims to help you develop creative and expressive writing skills which can in turn build your confidence and social interaction with others. Poetry and Life Writing is suitable for all! You will be welcome to reflect and feedback on others work.</p> <p>Maximum numbers = 12</p> |
| Qi Gong and Tai Chi with Movema | <p>Tai chi and Qi Gong are centuries-old practises that involve certain postures and gentle movements with mental focus, breathing, and relaxation.</p> <p>Maximum numbers = 20</p> |
| Virtual Coffee Afternoon | <p>Make yourself a drink and come along for an informal chat with members from The Life Rooms. It's a great way to meet the Learning Facilitators and Life Rooms members.</p> <p>Maximum numbers = 12</p> |
| Virtual Coffee Afternoon Remembrance Day | <p>The Life rooms will be making Remembrance Day online.</p> <p>Maximum numbers=20</p> |
| Virtual Coffee Afternoon / Journeys Through Film | <p>This session aims to create a safe and supportive environment where learners can discuss and review films.</p> <p>Maximum numbers = 12</p> |