

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8 a.m.
8:45

Meditation
N11 #616

Yoga
N11 #616

10 a.m.

noon

Stress Free Zone in the Octagon from 12 noon until 2 p.m.

Tea Station with Sustainable CEU

**Intuitive Art
Workshop**

Free massage

Bake it >> Forward
CEU Philanthropy
Day
2016

Octagon

2 p.m.

Retriever Rescue

10 a.m.-2 p.m., N11 Courtyard

3 p.m.
5 p.m.

Fruit and Biscuit Bar by the Student Leadership and Service Office

N11, 3rd floor

**Knitting
for people in need**

Octagon

5:30

What is STRESS?
**Stress Management
Workshop**
Monument Building
Popper

**Mindfulness
Workshop**
5:30-7 p.m.
N11 #616

*Flowers and
seven words*

Destress Workshop
N13 #303

Hypnosis Workshop
5:30-7:30 p.m.
N11 #616

6 p.m.

6:30

7 p.m.

**MOZART
SHOSTAKOVICH
Classicus Ensemble
Concert**

N15 Auditorium B

**Autogenic Training-
demo session**
6-7 p.m. in English
7-8 p.m. in Hungarian
N13 #615

Wine-tasting
5:30-7:30 p.m.
OKT 6/7 #101

Yoga
6:30-8 p.m.
CEU Sports Centrum

7:30

8 p.m.