



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE

The Zen Project schedule

Today, 11am-5pm

**A day of guided zen
sessions, focusing on helping
to lower stress and anxiety levels**

11am	Stressbusting meditation
11.30am	Energising breathwork
12 noon	Sound bath to destress
12.30pm	Guided meditation for focus
1pm	Balancing breathwork
1.30pm	Sound bath to relax
2pm	Guided meditation to calm
2.30pm	Balancing breathwork
3pm	Sound bath to restore
3.30pm	Guided meditation to relax
4pm	Relaxing breathwork
4.30pm	Relaxing sound healing



**No need to book –
just turn up!**

The zen sessions

Guided meditation

For creativity, relaxation
and to help focus

Breathwork

Gentle breathing
techniques for stress,
anxiety and to help
concentration

Sound healing

Bathe in the healing
sounds of a gong bath