## Welcome to IP Wonderland

## **Sunday 11 September 2022**

SPORTS: "Don't you think you'd be safer down on the ground?" (Rock Climbing) - Humpty Dumpty won't be joining. (14:00 - 16:00)

## Monday 12 September 2022

SPORTS: "How puzzling these changes are! I'm never sure what I'm going to be from one minute to another." - Ground yourself for a great start into the day! (YOGA) (06:30 - 07:15)

-Conveners: Emily Quackenbush

SPORTS: "My dear, here we must run as fast as we can, just to stay in place." (RUNNING) (06:30 - 07:15)

-Conveners: PAMELA HERNANDEZ; Jan Gerd Mietzel

## **Tuesday 13 September 2022**

SPORTS: "And if you wish to go anywhere you must run twice as fast as that." (RUNNING) (06:30 - 07:15)

-Conveners: Jan Gerd Mietzel; PAMELA HERNANDEZ

SPORTS: "Who in the world am I? Ah, that's the great puzzle." - Take some time to connect with yourself before leaping back into Wonderland (YOGA) (06:30 - 07:15)

-Conveners: Emily Quackenbush