

# LONDON MONDAY MEMO



This week's Monday Memo is written by  
**Eoin O'Donnell**  
 Career & Internships Program Coordinator

## TEAMUP REMINDERS



### WELNESS SERIES: YOGA AND MINDFULNESS WITH KIMBERLEY

Take a break from studying and join us for a calming 30-minute yoga session designed to support your mental health and help you feel grounded. Our very own Kimberley Aparisio, a Registered Yoga Teacher with over 8 years of teaching experience, will guide you through a peaceful practice focused on breath, mindfulness, and kindness.

This session is perfect for all levels — whether you're brand new to yoga or a regular practitioner, it's a chance to slow down, stretch, and reconnect with yourself in a supportive space.

🌟 **When: Monday February 16 at 11AM to 11:30AM & 1:30PM to 2PM**

🌟 **Where: CEA CAPA Centre Street Theatre**  
 We'll provide the mats — just wear something comfortable and give yourself permission to pause, breathe, and reset.



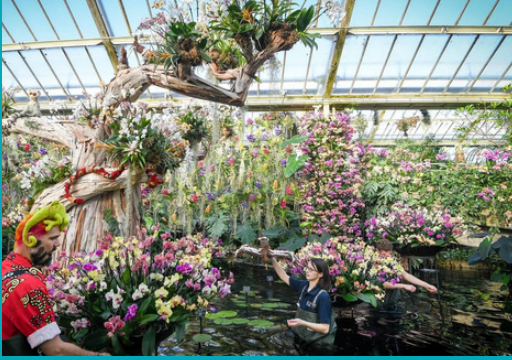
### QUEER BRITAIN MUSEUM TOUR

February is LGBTQ+ History Month in the UK! To celebrate, join us for an after hours private tour of Queer Britain, the UK's first museum of Queer culture.

The museum boasts a fascinating archive as well as the world's first virtual reality museum dedicated to celebrating the stories and artwork of LGBTQIA+ people and preserving queer personal histories.

The tour will run from **6:30-8:00pm on Wednesday, February 11**. Sign ups on TeamUp.

## IN LONDON



### KEW GARDENS ORCHID FESTIVAL

This week marks the return of Kew Garden's annual orchid festival, arriving just in time for next week's Lunar New Year festival.

This year's festival runs until March 8<sup>th</sup>, and features hundreds of orchids, Chinese lanterns, sculptures of dragons, and after-hours events featuring Chinese food, music and performances.

### VALENTINE'S WEEKEND IN LONDON

Whether you're celebrating or not, there's plenty to do in London this Valentine's Day weekend.

Rom-com lovers can catch *Sleepless in Seattle* in concert at the Southbank Centre's Royal Festival Hall, or a pop-up rooftop movie at JOIA Battersea.

On Sunday, comedian Joe Lycett hosts *The Big Valentine's Comedy Shindig* in Leicester Square, with tickets starting from £10 and all proceeds going to Open Door!



## STUDENT HIGHLIGHTS: CARDIFF TRIP



Last weekend, eighty of you got to explore Wales' capital for an overnight trip with their classmates and CEA CAPA staff, including a trip to Caerphilly Castle, the Cardiff waterfront and the Principality Stadium

Thanks to everyone who came along and for sharing your photos, we hope you had a great time!



## STAFF RECOMMENDATION

# LONDON MUSEUM SHOUTOUTS

If you haven't already taken advantage of the fantastic museums around London, this week serves as your first and last chance to experience some of the city's most unique exhibitions.

Aardman, the studio behind Wallace & Gromit and all-round national treasures, have a new exhibit at the Young V&A where you'll be able to get up close and personal with original clay-mation models, sets and other artifacts from their history. The exhibition opens from

The Tate Britain wraps up its retrospective on legendary photojournalist Lee Miller this weekend, culminating with three days of late openings over Valentine's Day weekend. Open until 10pm, you'll be able to see the exhibition before it closes on Sunday, as well as their other ongoing displays on Turner & Constable as well as a photographic journey through Britain in the 80s. There'll be live DJs, workshops and talks from experts.

Lastly, a little bit closer to home, The Design Museum's exhibition on the art and works of Wes Anderson continues, about a 25-minute walk from the CEA CAPA centre in Kensington. Wes Anderson: The Archives runs until July, and features sets, costumes and models from films including *The Grand Budapest Hotel* and *Fantastic Mr. Fox*.

If you're planning on visiting any paid exhibits during your time in London, signing up for a National Art Pass might be worth considering, charging a monthly fee that usually pays for itself with a few half-price or free entry tickets to the above and more!





# GET IN TOUCH

## CENTER HOURS

MONDAY-THURSDAY, 9AM-6PM

FRIDAY 9AM-5PM

## RECEIVING MAIL OR A PACKAGE?

Any intended items sent to you throughout the semester, should be addressed as follows:

Your Name  
c/o CEA CAPA The Global Education Network  
146-148 Cromwell Road  
London, SW7 4EF  
United Kingdom

## CONTACT INFO

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CEA CAPA EMERGENCY PHONE:

**+44 7767 352184**

- STAFFED 24/7 BY CEA CAPA STAFF FOR EMERGENCY USE (I.E. VICTIM OF CRIME, PHYSICAL/MENTAL HEALTH CRISIS, MAJOR SAFETY CONCERN, ETC)
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CEA CAPA OFFICE PHONE:

**+44 2073 707389**

- STAFFED MONDAY-FRIDAY 9:00AM-5:30PM FOR GENERAL ENQUIRES
  - ALL DEPARTMENTS (PROGRAMME AND STUDENT SERVICES, INTERNSHIPS, AND ACADEMICS) CAN BE REACHED
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GENERAL QUESTION OR CONCERN?

[LONDONSTUDENTSERVICES@CEACAPA.COM](mailto:LONDONSTUDENTSERVICES@CEACAPA.COM)

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COURSES OR CANVAS?

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