

Mindful Movement and Relaxation

- Ease and lightness in the body
- Calm, confident breath
- Stable, clear mind
- Support for everyday life



A 5-week Introductory Course ...

... exploring simple movements, breathing and relaxation practices to build strategies for wellbeing and resilience in everyday life.

All practices are accessible to everyone and encourage gentle enquiry and observation with the aim of creating greater ease in the body, a calm, confident breath, clarity in our minds and strength within ourselves to meet the many demands made on us by everyday life with stability and resilience.

This course is particularly helpful to those who are experiencing difficulties with either physical or mental health.

It is supported by a Practice Diary for home practice.



There is an 8-week and a 10-week follow-up course available for those who wish to consolidate and expand their skills at the end of the introductory 5-week course.

Cost: £20 MTB/£30 East Brighton resident/£37.50full cost

Course Tutor: Sabine Dahn Venue:

Venue: The Bridge Community Education Centre, Lucraft Rd, Brighton BN2 4PN

For course dates and to book your place please call 01273 687053 or ask at the reception at the Bridge Community Education Centre

Course Content:

The first session will involve a gentle practice of movement, breathing and relaxation to bring about greater ease in the body, a calm, confident breath and a clear mind. Particular focus will be drawn to the principle of starting from where you are, accepting this starting point, and making small, achievable steps in a chosen direction. After exploring these principles in our bodies we will relate our discoveries to our everyday lives and how they can support us on a daily basis.



Testimonial from a previous class participant:

'I have learnt how to do lots of postures and feel a huge sense of pride and achievement from that. The most important thing I have gained and achieved from this course is dramatic progress in my health – both physical and mental. This course has been an invaluable help to me, and the standard of teaching is excellent.'



Each subsequent session will continue the exploration of our bodies and our breath, consolidate what has been learnt so far and add a new element of reflection. This may be the relationship between a calm, steady breath and a calm, steady mind; we will learn practices to observe our breath and how to use the breath as a support in stressful situations.

Testimonials from previous class participants:

'I have had challenging things going on in my life that I have coped with a lot better than I would have done without this course and daily practice.'

'I have had neither an asthma nor a panic attack since I started this course 5 weeks ago.'

'I felt my breath was different. There were points where it was so soft and fine.'

'The classes with Sabine are proving invaluable both for myself and my partner. Sabine is very generous in adapting the postures so that I can do something 'equivalent' even if I cannot manage the 'standard' posture due to my disabilities. The class has also been very beneficial to my partner who had a mental breakdown a while ago and for whom the grounding and mind-body awareness generated through the movement and breathing practices is just the right thing for her road to recovery. I would thoroughly recommend Sabine's classes to anyone.'