

Mindful Movement and Relaxation: 2nd Step

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



An 8-week Follow-up Course ...

... continuing to establish movement, breathing and relaxation practices to make the strategies for wellbeing and resilience learnt in the introductory course a supportive, integral part of our everyday lives. Emphasis is on strengthening positive habits, meeting needs constructively and developing a calm breath and mind from which to move forward in 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 for primarily for those who have completed the Mindful Movement and Relaxation 5-week Introductory Course, or have gained experience in similar practices elsewhere.



The course encourages the establishment of a regular home practice that suits each person's individual needs and goals.

There is a 10-week follow-up course available for those who wish to consolidate and expand their skills at the end of the 2nd Step course.

**Cost: £32 MTB/£48 East Brighton resident/ £56 full cost
Course Tutor: Sabine Dahn**

**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:

During these eight sessions participants will gain greater confidence in the gentle practices of movement, breathing and relaxation learnt in the previous 5-week introductory course.

Testimonial from a previous class participant:

'I recognized when I am holding my breath and was able to use the breathing technique learnt in class to ease my breath. As a result I felt much calmer, my shoulders are more relaxed, I felt lighter around my chest and I felt more in control.'

'I definitely made time for the practice every day this week. I am so much more aware of my breathing and able to let go when I hold my breath which I now notice I do frequently during the day.'



A new element of reflection and exploration will be offered each week. Particular focus will be drawn to recognising old unhelpful habits and gradually replacing them with positive ones; establishing a regular, personal home practice, integrating the breathing practices into the movements and strengthening the development of a calm, steady breath. In our body work we will also explore the principles of support and direction and relate our discoveries to our everyday lives and apply them to support us on a daily basis.

Testimonials from previous class participants:

'I did my practice every day this week and my lower back feels so much better. Initially I had to concentrate a lot on the breathing but then it became much easier. Such a worthwhile thing to be doing.'

'I had a very stressful week and had a crisis point towards the end of the week during which I would normally have drowned my emotions in alcohol. Instead I lay on the floor and did my breathing practices and found I did not need, or want the alcohol anymore.'