

# Mindful Movement and Relaxation

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



## A five-week 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/£37.50 full 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**