



## Parkinson's

Movement Therapy sessions for people with Parkinson's and their carers.

Mondays 11.00-12.00pm Online

## Feeling Good!

Dance Movement sessions to strengthen the body and improve balance but mostly to lift the spirits.

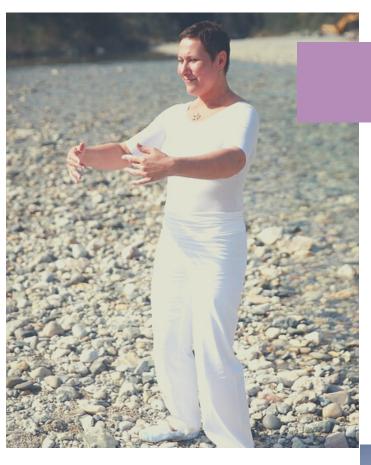
Mondays and Fridays 2.00-3.00pm Online



# Tai Chi & Qi Gong

Traditional forms for better physical and mental health

Beginners Class Tuesdays 11.00am-12.00 Online



# Daily Qi Gong

Medical Qi Gong is a branch of traditional Chinese medicine.

These exercise sessions are gentle on the body and benefit all the major organ systems as well as improving strength and mobility

Weekdays 12.30-1.00pm Online

#### Mindful Movement

Free flowing, guided movement sessions with the focus on the body and its sensations, allowing the mind to refresh and restore

Outdoor sessions by arrangement





An embodied alternative to talking therapy using creative process and relational movement.

One to One sessions by appointment