



# MOVEMENT IN MIND

*Autumn Programme*



## 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*



## Dance Movement Therapy

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

*One to One sessions by appointment*