

IMPROVE WELLBEING

# Mindful Movement

Calm your Mind  
Reduce Anxiety  
Lower Blood Pressure  
Improve Balance + Mobility

**Tuesdays 10.30 am**  
**Church Lane Surgery**

**4 week block £22**

INFORMATION OR BOOKINGS CONTACT

Christina

07824709024

yogawithchristina@yahoo.com

## **MINDFUL MOVEMENT INFORMATION**

Sessions will include :

### **BREATHING EXERCISES**

These may be carried out standing or sitting to suit the individual. The techniques can be used outside the class to help find calm during stressful times. The intercostals associated with breathing strengthen and lung capacity can be improved. Regular practice stimulates the PNS enabling the individual to benefit from the associated physiological changes as a result - improved digestion, improved sleep, anxiety reduction, blood pressure, reduced heart rate, hormone balance.

### **GENTLE MOVEMENT**

A level of mobility and independent movement will be required for these classes. Yoga style movements including standing postures to promote balance and mobility. We can use props i.e. blocks, walls and chairs to help with balance. All postures can be modified to suit the individual. It is not a prerequisite to be flexible - that is a by-product of the sessions. We will include extension, flexion and gentle twists unless contraindicated. Some movements will be floor based if accessible.

### **RELAXATION**

Chair or floor based relaxation will be a vital part at the end of each session.

**4 sessions £22**

**Tuesdays 10.30am**

**Equipment provided wear comfortable clothes and bring a warm top or blanket**

yogawithchristina@yahoo.com / 07824709024