



Allow your body to find its' voice

Movement In Mind

for Carers

Time for yourself

A chance to pause and be present.

Space. to feel; to be; to move; to explore;
to be still

Carers often focus their attention and energy on the person they support, but it's vital that they take time to look after themselves too. These Movement Therapy sessions will allow carers to be more mindful of their own wellbeing and will give them space to pause and focus on themselves.

**We will be offering taster sessions during January
and starting a pilot course in February**

if you are interested in attending please get in touch with
shirley@transformation.org.uk or call 07760428554



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