

# MINDFULNESS THROUGH MOVEMENT

Our 'Mindfulness Through Movement' sessions allow you to check in with your body and get moving in a way that can help you lower stress, boost resilience & energy, and strengthen your mind-body connection.

## WHY MINDFUL MOVEMENT?



Makes you feel happier



Improves sleep



Reduces stress



Reduces back pain



Encourages weight loss



Improves concentration

**High levels of stress and related burnout are prevalent and costly conditions.**

Mindfulness training is receiving more attention as a possible prevention/ intervention strategy to enhance resilience and reduce risk of burnout.

Mindful movement helps us nourish our body by stretching, strengthening, and toning. It leads to better moods more energy and can lessen emotional exhaustion.

When we move our body and adjust the postures in which we hold our body, we also shift the activity of our autonomic nervous system which influences our heart rate, blood pressure, and fight-or-flight response.

To celebrate International Stress Awareness Week, we are inviting you to join us to try a FREE 30- minute mindfulness practice. Allow our instructor's soothing guidance to ease your nervous system into a calm and re-energised state.

**GIVE IT A TRY ON:**

Friday 11th at 3-30 p.m. click below to join  
[MINDFULNESS THROUGH MOVEMENT](#)