

Wellbeing Sessions

Spring 2024



stretch



relax



breathe



meditate



March - New Beginnings

6th March



Gentle movements to release tension

13th March



Relaxation inviting fresh energy

20th March



4 part breath (balance) Spring Equinox

April - Setting New Goals

10th April



Gentle movements to release tension

17th April



Deep relaxation of body & mind

24th April



Mountain Top Bridge Meditation

May - Happiness and Contentment

1st May



Gentle movements to release tension

8th May



Deep relaxation, settling into heart

15th May



4 part breath - focus on the still points

22nd May



Inner Smile Meditation - self love

