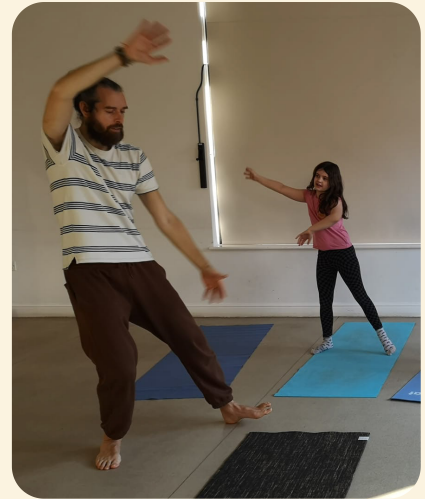


1-1 MINDFUL MOVEMENT MENTORING

I provide 1-1 private sessions in your home or online. This can be for all children and needs though it can be especially beneficial for those who are neurodivergent. These bespoke sessions can be for **Age 7+ & also Young Adults 16+** and they have a strong focus on grounding, self compassionate and balancing energies, The sessions also bring an element of guidance, challenge and support so the participate/mentee can **relax, explore, develop and express themselves freely**. Various themes can be brought into the sessions to help with confidence, emotional resilience and how to channel emotions. I'm a qualified Movement Teacher, Professional Coach and Learning Mentor with 15 years plus experience in Education. Enhanced DBS Checked and I have Public Liability.



Movement & Enerchi

I cover Chester, Frodsham, Northwich and surrounding areas as well as online

For more information and to book www.movementandenerchi.com

lee@broad-minded.com

07723 357 792

BREATHWORK, MEDITATION, MINDFUL MOVEMENT PRACTICES, ENERCHI DANCE, SOUND & CREATIVE JOURNALLING/DRAWING



**FREE 20 MINS CONSULTATION
INLCUED AND REQUIRED IN THE 1ST SESSION
PRICE: £42.50 - 45 MINS - 1HR
APS MEMBERS - £7.50 OFF 1ST SESSION**

Music meets Movement

Music is also used in the movement sessions to set the tone and act as a soundtrack for **grounding, motivation and inspiration**.

This varies from calm ambient sounds with therapeutic instruments, to different flavours of world music, to uplifting electronic music with a warm organic feel often with elements of nature involved.

Sound meets Stillness

Therapeutic Sound instruments such as the Handpan, Singing Bowls and Chimes are also used to to help regulate and relax the nervous system