

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



FREE 20 MINS CONSULTATION INCLUDED 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 help regulate and relax the nervous system