Mindful Movement & a Soundbath Journey

Reset & Rebalance

Sunday 17th Jan
6-8pm - £27.50



Rest & Intentions

This session will be based around deepening rest and tuning into to our intentions as we feel our way into the New Year with care.

Calm the mind and relax the body through Somatics, Qi Gong, Freeform Movements & Therapeutic Sound Instruments such as a Gong, Singing Bowls, Chimes, Bells, Handpan etc

Movement & Enerchi

Please bring a Yoga mat, cushion and blanket Check Contraindications and more info at www.movementandenerchi.com.

Book in advance lee@broad-minded.com
07723 357 792

St Mary's Handbridge, Chester