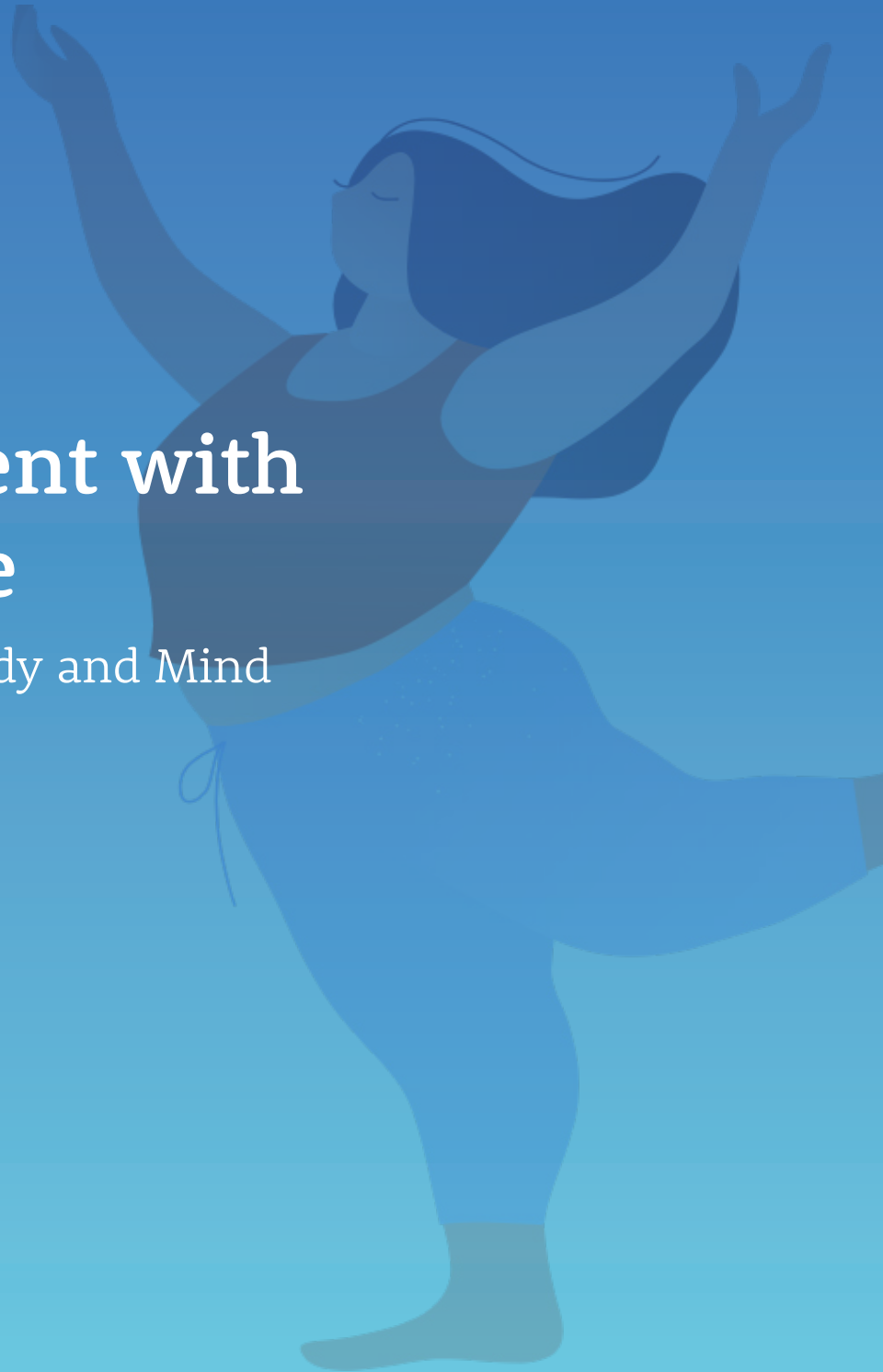




The Little
Company
of Calm

Movement with Presence

Connecting Body and Mind



Hello!

This course is designed especially for people who simply want to feel better about themselves and be better equipped to deal with everything life may throw at us (and that's been quite a lot lately!)

This mindful movement course will be delivered in a friendly supportive environment.

The course has been designed for you to:

- ✓ **Experience and learn how mindful movement can support good mental health and well-being.**
- ✓ **Learn how the mind and body are linked and how to look after them both.**
- ✓ **Use new tools to help you face and manage day to day difficulties.**
- ✓ **Build Mindfulness into your everyday lives and activities.**

Mindfulness is all about having a go and seeing what happens within a safe and friendly environment. We would love it if you could join us.

About the course

Duration

30 minutes each week over 4 weeks

Participants

Maximum of 10 people

Dates and times

To be confirmed

How it's delivered

Due to current Covid restrictions, the course will be delivered on-line via Zoom. Zoom can be used free via a mobile phone, tablet or personal computer.



Course Description

Session 1

Duration

Arrive

30 minutes

- Introductions
- Gentle standing/floor exercises
- Reflections

Session 2

Duration

Explore Your Limits

30 minutes

- Some balance with floor exercises

Session 3

Duration

Finding Balance

30 minutes

- Standing/Floor exercises

Session 4

Duration

Energy With Flow

30 minutes

- A series of Chi Kung movements



Who is delivering the course?

The course is being delivered by a local, Sunderland based Mindfulness Company, The Little Company of Calm. There are three Mindfulness Teachers in the company, Andrew, Joe and Liz. All of us are friendly, qualified and experienced teachers and we have been delivering Mindfulness courses for over 5 years each.

Who can attend?

Open to everyone people living in the Hendon ward of Sunderland OR attending services or drop-ins in the Hendon ward.

Do I need to have any experience of Mindfulness or meditation?

No. Absolutely not. These courses are aimed at beginners and are open to everyone 18 years and over, whether you have experience of Mindfulness or not.

Mindful movement will involve some gentle exercises and you should be able to engage in these activities without being in any physical pain.

Do I need to attend every session?

For you to get the most out of the course, it is best if you attend all sessions.

Great. I'm interested. What do I do next?

The courses will be filled on a "first come, first served" basis. So to get your place please email Liz, Andrew and Joe at hello@tlcoc.co.uk

We will confirm via email whether you have a place and give you further useful information.

