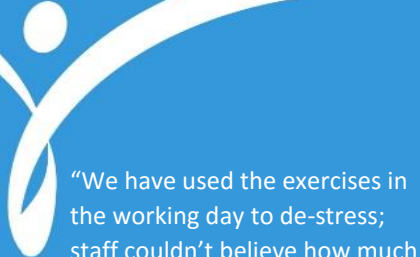


Mindfulness sessions with **Make a Move** moving for the mind



“We have used the exercises in the working day to de-stress; staff couldn’t believe how much they could relax”

What is Mindfulness & Meditation?

Mindfulness is a very simple form of meditation

Mindfulness means awareness of our thoughts, feelings, bodily sensations & surrounding environment. Mindfulness also involves compassionate acceptance, meaning that we pay attention to our thoughts and feelings without judging them.

Benefits of Mindfulness

- Increase your resilience to stress
- Boost your immune system
- Reduce mood-swings
- Reduce depression & anxiety
- Increase concentration
- Improve relationships

Mindfulness with Make a Move

We can deliver mindfulness sessions to businesses & community groups; one-off sessions or eight-week programmes tailored to your needs.



Make a Move is a charity made up of, and working with, expert practitioners to support children, young people and older people, new mums, employers & the community. We design and run tailored sessions and projects using movement and other creative approaches to wellbeing.

The importance of connection is fundamental to our work – the connection between body and mind, and connections between people. We take our work seriously but aim to inspire laughter, encourage a sense of fun and promote happiness.

To find out more about what we do visit www.makeamove.org.uk

To make a donation (thank you) go to mydonate.bt.com/charities/makeamove

To contact us email michelle@makeamove.org.uk

Make a Move: a creative approach to wellbeing