



Women's Release & Reset

A mind-body reset - in just half an hour.

We combine cathartic (releasing) movement, breath work and meditation. By opening up our joints and shaking out tension we create space for increased energy flow, and then through mindful breathing, we slow down the mind and body to better reconnect with ourselves.

All movements and breathing can be done at a pace and intensity that is comfortable for you.

This is a guided, online drop-in group, every Friday, 12pm-12:30pm.

For more information, please contact **Jane**,
the **Women's Peer to Peer Support Manager**:
janemoore@womenscentre.org.uk
07762 893 931