

# Moving into Awareness

## SOMATIC MOVEMENT WORKSHOPS

Monthly on Saturdays 2:30pm - 4:30pm  
The River Room, Halton Mill, Halton, Lancaster

**Learn to attune to your body's sensations, feeling and movements in a small, welcoming group**

### The Benefits of Somatic Movement

- The physical benefits of moving are significant and include improved circulation, body posture, developing flow, agility and balance, accessing rest, ease, invigoration and more.
- Mental wellbeing is also affected by moving which can stimulate endorphins, reduce the body's stress hormones, lifting mood and vitality.
- You'll learn techniques to mitigate effects of stress

### Who is it for?

Suitable for beginners, all abilities and experienced practitioners. £20 per person. After booking, you'll receive a welcome email confirming your session, directions and information on what to wear and bring.

