

BEING KINDER TO OURSELVES: BEGINNING SELF CARE AND SELF COMPASSION

This free series of workshops is for health and social care professionals

Two theory-based workshops will be followed by two practical sessions which include gentle movement and breathwork. They will all explore 'tiny habits' which can be incorporated into daily life. By the end of the workshops, participants will be able to:

- Identify how they can practice self-care and resilience
- Implement different techniques which benefit their wellbeing in their own time
- Connect with their breath and body through somatic techniques such as yoga, self-massage and breathwork

4 Weekly Workshops
Wednesdays, 4 PM - 5 PM
8th – 29th September

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