

# Breathing and Movement: 7th October - 11th November

Through gentle and simple movements, with supported breathing practices, you will be guided into a relationship with your breathing.

Beginning from where you are, perhaps from a place of discomfort and disturbance, you will be slowly guided and supported to influence and steady your breathing.

By slowly bringing you home into your body and breathing, and changing the stress response, there is a possibility to feel a steadying support for your thoughts.

These practices will have takeaway tools that you can use to form habits of support in your daily life.

5 workshop sessions (occurring weekly other than a break on Thursday 28th)  
Online  
12.00 - 13.00



Enrol with us, free to join

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