



THROUGH MOVEMENT WE FIND HEALTH

**Mind/body movement programme your body's way
using healing arts and dance forms to soul-stirring
music with easy to follow steps**

FEEL TO HEAL

Improves movement and body awareness

Conditions brain and offers stress relief

Develops balance, stability and flexibility

Non-impact aerobics – easy on the joints

Fun class for all abilities in friendly group

Thurlestone Village hall

Mondays 10.30-11.30 from January 6th *£7 drop in*

Nola Baylis, licensed movement/sound therapist

www.move2heal.org www.nianow.com 01548 842877

