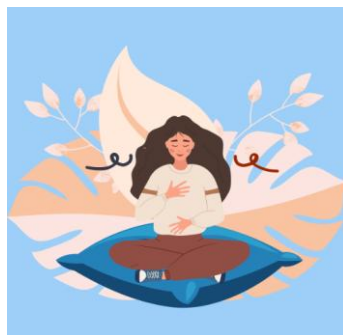


EXCITING NEWS!! – MOVEMENT AND BREATH SESSIONS COMING SOON.



We have collaborated with The Lighthouse in Poole to run a pilot offering some Movement and Breath sessions.

The Movement and Breath sessions are a one-hour gentle session to connect with the rhythm of the breath and explore the benefits of breath led movement. Through breathing techniques, it can support people living with persistent pain to:

- Activate the relaxation response, promoting calm and interrupting the stress-pain cycle
- Reduce muscle tension and protective holding patterns in the body
- Increase body awareness tuning into and building trust in our bodies more mindfully
- Take away tools they can use anytime outside of the sessions, to support physical and mental wellbeing

The sessions meet you where you are, offering modifications in a safe, slow-paced and supportive environment. No previous experience is necessary. We invite you to enjoy a relaxed movement and breath session which can be practiced seated if you prefer not to be floor based or standing. Comfy clothes which allow you to breathe and move freely are recommended.

We find that moving together in a joyful, social, and pressure-free way, participants feel more connected to themselves and to others. This sense of connection, fun, and freedom supports mental wellbeing, helps reduce isolation, and encourages people to stay active in a way that feels good and sustainable.

There are limited spaces so please be sure you can attend. This is for past and present service users only, but we are hoping it will be a huge success, and we will attract more funding to run more sessions after the pilot ends.

The sessions will run on

18th September 2025

23rd October 2025

and 20th November 2025 at 3.00pm and will be free of charge.

Tea and coffee will be provided afterwards to make it more sociable.

Please email -

dhc.painadmineast@nhs.net

to express your interest, confirm that you are a past/present service user and which date you would like to attend.

We will then confirm whether a place is available for you and provide you with the venue details.