

Mindfulness Somatic Stress Relief

Wednesday 9th April

12:45 - 1:45

The Wellness Centre, Nottingham



Open to all members of UNISON Nottinghamshire based branches

About

A therapeutic combination of simple and effective grounding tools, breathwork, releasing movement, somatic practices, and accessible guided relaxation

Delivered by Izzy Holder
Loving Evolution



Apply Online Here

UNISON
East Midlands

For help with your booking please email us at
bookings@unisonnottslearning.co.uk