

Mindfulness Somatic Stress Relief

Tuesday 2nd December

13:00 - 14:00

The Wellness Centre, Nottingham



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