

MOVE INTO CONFIDENCE

Mindful Movement for Health and Empowerment
Six sessions on Tuesdays: 3 June-8 July 2025, 3-5pm



Move into Confidence is a body-centred, experiential course co-produced by The Place & The Recovery College.

This new six-week course offers opportunities to explore and practice confident living through movement. Participants will be encouraged to remember and rediscover the joys of movement, play and creativity for increased wellbeing, empowerment, and agency.

This course aims to create a safe space where participants can safely journey towards increased self-confidence and wellbeing, through mindful movement & restorative practices, breath and body awareness and confidence-building exercises.

Each session will include breath awareness, body awareness, movement, confidence-building exercises and reflection. We will explore one of the following themes: awakening, innocence, lightness & joy, self-compassion, celebration & empowerment, posture for empowerment.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net

