

Active in Mind Weymouth Group - Physical activity/exercise and mental health.

Active in Mind Weymouth Group is taking place online via Zoom every Wednesday at 3pm, with Yoga and Pilates on alternative weeks.

Yoga with Sarah Bradshaw

What the Yoga session involves:

Yoga is generally considered to be a safe, effective form of exercise and the decision to take part in this activity is based on your own judgement. This session is an accessible yoga practice, suitable for everyone including complete beginners and anyone with physical challenges. Sarah will guide us through a series of seated and standing yoga postures designed to energise our body and calm our mind.

What you need for the session:

For the yoga – a chair or somewhere else comfortable to sit (such as a cushion on the floor), for the relaxation - somewhere to sit comfortably or lie down.

Please wear comfortable, loose clothing which allows a free range of movement.

How do I join?

Please email Nicola at activeinmindweymouth@dorsetmind.uk for more information and details on how to register

Restorative Pilates with Sammie Mcfarland from The Breathing Space

Session content:

Join Sammie for a gentle & mindful Restorative Pilates session that will tease out your body & quieten your mind. This session focuses on the breath, gentle stretching and mobility. The body has a way of letting us know what it needs, let's take a moment to listen.

No experience, fitness, or level of flexibility necessary.

Benefits of Pilates include:

- Head Space
- Mobility
- Relaxation
- Calm Mind
- Reduced Pain
- Core Strength
- Increased Body Awareness
- Improved Mood
- Mindfulness

How do I join?

Please email Nicola at getsettogo@dorsetmind.uk for more information and details on how to register