



MOVE TO NOURISH, NOT PUNISH WORKSHOP: A WELLNESS WORKSHOP FOR PHYSICAL & MENTAL HEALTH

OVERVIEW

This 60-minute workshop invites participants to explore the mental health benefits of gentle, nourishing movement. Rather than focusing on exercise as a “task,” this session promotes movement as a source of joy, self-care, and body appreciation.

WORKSHOP HIGHLIGHTS

- Inspiration & Education: Understand how movement supports mental health, reducing stress and boosting mood.
- Guided Movement Session: Experience gentle, accessible exercises for all levels, focusing on mindfulness and body connection.
- Self-Reflection: Personal prompts to reframe movement as a positive, supportive habit.
- Practical Takeaways: Empowering simple steps for adding nourishing movement to daily routines.

BENEFITS FOR PARTICIPANTS

- Reduce Stress Naturally: Discover how movement can be a calming and restorative part of the day.
- Boost Mood & Resilience: Nourishing movement promotes endorphins and builds mental resilience.
- Embrace Positive Self-Care: Learn to move in a way that supports mental health without pressure or obligation.

Ideal for individuals seeking a refreshing approach to wellness, or as part of a proactive mental health and self-care initiative in the workplace.

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