



## **Mindful Movement Community Trainer Programme**

This 30-hour training programme develops skills to deliver accessible mindful movement sessions that support physical health, emotional wellbeing and social connection.

### **What is mindful movement?**

A series of gentle exercises that can be done standing or seated with a focus on bringing awareness to breath and how the body feels as it moves. It draws on practices such as qigong and yoga.

### **What are the benefits?**

Mindful movement has been proven to: reduce stress, improve strength and mobility, support some health conditions and improve emotional regulation.

### **Course objectives**

- Understand the benefits of mindful movement.
- Recognize the role of mindful movement in soothing the nervous system, reducing pain, and improving mental health and general well-being.
- Employ trauma-sensitive strategies for delivering mindful movement classes.
- Learn to work safely with vulnerable groups, including people with chronic conditions, mental health challenges, or trauma.
- Deliver and facilitate a short mindful movement course confidently.

### **Is the course accredited?**

The course is certified by the CPD certification service

### **How is the course assessed?**

- A 'micro teach' to peers
- A verbal or written reflection on own practice
- Multiple choice quizzes around key course knowledge