

A journey towards:

12/6/2026

Mindful Movement

"The most meaningful moments are not always the ones we make with our bodies, but the ones we inspire in the hearts of others"

Mohabbat Mohseni - Eastbourne

SANCTUARY, THE BRIGHTON NATURAL HEALTH FOUNDATION, ESTAR

From Learning to Leading: My Mindful Movement Journey in Eastbourne

In April 2025, I had the privilege of joining a Mindful Movement training course in Eastbourne, delivered by the Brighton Natural Health Foundation and taught by the inspiring trainers Tammy and Sam. The Foundation has a long-standing commitment to making mindful movement accessible to diverse communities and supporting wellbeing through inclusive, community-based practices.

What began as a personal learning opportunity soon became a transformative experience that deepened both my understanding of mindful movement and my passion for sharing it with others.

Discovering the Power of Mindful Movement

The course was conducted in a calm, welcoming, and supportive environment. From the very first session, participants were encouraged to explore the connection between body, breath, and awareness through gentle movement and mindful attention. Learning alongside a friendly and diverse group created a sense of community that was just as valuable as the practical skills we gained. The training not only introduced effective techniques for improving physical and mental wellbeing, but also highlighted the importance of creating safe, inclusive spaces where people can reconnect with themselves and others. The experience left a lasting impression on me and inspired me to continue exploring this field beyond the classroom.

From Student to Community Facilitator

Shortly after receiving my certificate, I was fortunate to receive support from Sanctuary, the Brighton Natural Health Foundation, and the ESTAR to begin delivering Mindful Movement sessions within the Eastbourne community. This support enabled me to establish two separate free classes in different parts of the town. One programme was designed to support migrants and newcomers, while the other served residents in one of Eastbourne's popular neighborhoods. The transition from learner to facilitator felt both exciting and meaningful. It provided an opportunity to share the benefits I had experienced myself and to help make mindful movement accessible to people who might not otherwise have the opportunity to participate.

Building Community Through Movement

Attendance varies from session to session, but one aspect has remained remarkably consistent: participants genuinely enjoy the classes and frequently express a desire to return. Many participants encourage friends, family members, and neighbours to attend, creating a growing network of community engagement. Their

positive feedback confirms that even simple mindful practices can make a meaningful difference in people's daily lives. One particularly rewarding aspect has been the wide age range of participants. Individuals attending the sessions range from people in their twenties to those in their eighties. This diversity demonstrates that mindful movement can be adapted to suit different abilities, experiences, and stages of life. Watching participants discover greater ease, relaxation, and confidence in their bodies has been one of the most fulfilling parts of this journey.

A Lesson in Care and Connection

One experience from the early stages of teaching remains especially memorable. During the school half-term holiday and an unusually warm day, an elderly lady attended the session. After approximately ten minutes, she felt unable to continue because of the heat. Throughout the session, I carefully monitored her wellbeing. When she decided to stop, I accompanied her downstairs and remained with her until I was confident that she felt comfortable and safe enough to leave independently. Although the class itself was brief, the experience reminded me that community teaching is about much more than delivering exercises. It is about care, presence, responsibility, and human connection. Sometimes the most important contribution we make is simply ensuring that someone feels seen, supported, and valued.

Personal Growth Beyond the Classroom

The benefits of this journey have not been limited to participants alone. Teaching Mindful Movement has encouraged me to deepen my own studies and explore related practices that support wellbeing, resilience, and self-awareness. Through continued learning and personal practice, I have experienced many of the same benefits that participants often describe: greater calm, improved focus, and a stronger connection between mind and body. Equally important has been the social impact. Through these classes, I have met many new people across Eastbourne, developed meaningful friendships, and strengthened my sense of belonging within the local community.

A Special Acknowledgement

No reflection on this journey would be complete without expressing my heartfelt gratitude to Nora Ferguson, whose encouragement and support played a fundamental role in shaping my path into Mindful Movement and yoga. It was through Nora that I was first introduced to these practices. Together, we attended two workshops that were not only educational and inspiring, but also deeply memorable experiences that opened a new perspective on wellbeing, self-awareness, and personal growth.

Looking back, I can clearly see that many of the opportunities and achievements that followed—from completing my training, to facilitating community classes, and continuing my own learning journey—have their roots in those early moments of encouragement. Nora has been far more than an introduction to a new discipline; she has been an initial catalyst, a constant supporter, and a trusted friend throughout this process. For her belief in me, her generosity, and her continued encouragement, I offer my sincere thanks and appreciation.

Looking Forward

Reflecting on the journey from trainee to community facilitator, which became a journey of connection, service, friendship, and gratitude, I am grateful for the opportunities, encouragement, and support that made it possible. Every person I met along the way, has left a meaningful imprint on this path, and for that, I am deeply thankful. What began as a short training course has evolved into an ongoing commitment to community wellbeing and lifelong learning. Mindful Movement teaches us that meaningful change does not always come from dramatic actions. Often, it begins with something much simpler: a conscious breath, a gentle movement, a moment of awareness, or a shared experience with others. Every meaningful journey begins with a single step, but it flourishes through the kindness, encouragement, and support of those who walk alongside us. I am deeply grateful to all who have been part of this journey.

As I continue this work, I hope to help more people discover those small but powerful moments, and the positive impact they can have on everyday life.

Mohabbat Mohseni

Eastbourne, 2026