



THE BREATHING-BRAIN
MOVEMENT

Retreat Programme 2021 & 2022

COMPASSION:

CARE, TOUCH & HEALING

Wed 23rd & Thu 24th September 2020

CFT for Brain Injury & Progressive Conditions

Reiki & Neuro Conditions

Bodywork; Tantra & Yoga with Couples

WARRIOR:

FIRE, LEADERSHIP & RESILIENCE

Wed 22nd & Thu 23rd September 2021

Martial Arts with Complex Needs

Trauma & Resilience

Surviving stroke with Tai Chi