

# MOVE, BREATHE, THRIVE



## CULTIVATING CALM

By **Amy Thomas**

*Active Wellbeing Coach*

29th April 2024 - Today, let's explore the powerful trio of wellbeing practices, mindfulness, and physical activity – all amazing tools to boost your mental and emotional well-being.

### **Wellbeing: It's More Than Just the Gym!**

Think of wellbeing as a whole-body experience. It's about feeling good physically, mentally, emotionally, and even spiritually. When these aspects work together, you feel centred, fulfilled, and ready to take on the world! Life throws curveballs, but simple daily practices can cultivate a sense of calm and inner strength.



### **Mindfulness: Be Present, Find Peace**

*Mindfulness is the key to wellbeing. It's about focusing on the present moment – your thoughts, feelings, and body – without judgement. This helps you identify negativity before it spirals, like strengthening a muscle for your mind. Just a few deep breaths and feeling your feet grounded can be a powerful start.*

### **Move Your Body, Boost Your Mood**

*Exercise is magic for your mind! It releases happy chemicals that elevate mood and zap stress hormones. Plus, it improves brainpower and sleep, both vital for emotional well-being. Find an activity*

*you love, whether it's dancing, brisk walking, or anything that gets you moving.*

### **Introducing Vinyasa Yoga: Flowing with Purpose**

*Vinyasa yoga is a beautiful blend of mindfulness and movement. You flow gracefully between postures (asanas) while synchronising your breath. This practice strengthens and tones your body while also cultivating focus and present-moment awareness. The best part? Vinyasa is adaptable for everyone, from beginners to seasoned athletes. As you progress, Vinyasa can become a moving meditation, creating a deep mind-body connection.*

### **Long-Term Yoga Benefits: A Journey of Transformation**

The benefits of yoga go far beyond the mat. Here's what you can expect:

- Reduced stress and anxiety
- Improved emotional regulation
- Boosted self-confidence
- Better breathing habits
- Improved physiological health

## **Start Your Wellbeing Journey Today!**

*Cultivating wellbeing is a lifelong adventure. Start small with practices you can easily integrate into your day. Here are some tips:*

- ✓ *Breathe deeply for a few minutes each morning.*
- ✓ *Hydrate - drink water frequently throughout the day.*
- ✓ *Find an activity you enjoy and get moving!*
- ✓ *Experiment - discover what works best for you.*



# Exciting New Wellbeing Courses at Surrey Sports Park!



*We're thrilled to announce two new summer courses designed to empower your wellbeing journey:*

## **Mindfulness & Meditation Workshop**

*Develop mindfulness and meditation skills in this 6-week interactive course.*

*May 18th – June 22nd  
Saturdays 1:30-2:30 PM*

*Learn breathing techniques, guided imagery, and more to reduce stress and find inner peace.*

*£60 members / £70 non-members*

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## **Summer Solstice Yoga**

*Embrace the sunshine with this 6-week active Vinyasa flow course.*

*June 10th – July 15th  
Mondays 7:00-8:00 PM*

*Delve deeper into yoga, exploring chakras, breathing techniques, and more!*

*£60 members / £70 non-members*



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