

Maiden Voyage is Northern Ireland's contemporary dance commissioning company.

Mindful Movement is a renowned approach to relieve physical and mental stress.

Mindful Movement sessions provide individuals with simple and effective tools to call upon within their everyday lives or to apply at times of intense stress.

The sessions address habitual muscular reflexes caused by busy, stressful lives and improve the effectiveness with which the brain coordinates and controls movements.

These neuro-muscular exercises have a deep relaxing effect and will improve posture, tension levels, concentration and overall physical and mental wellbeing.

1. Mindful Movement (Seated Course)

Seated sessions address releasing tension in lower back, neck and shoulders. These sessions will provide effective exercises to improve posture, how to sit more lightly, moving the pelvis while sitting, turning in your chair and having greater freedom of movement in the neck and shoulders.

45-minute	Individual	£75 (1 session) or £270* (4 sessions)
45-minute	Group of 10	£150 (1 session) or £540* (4 sessions)

**10% discount has been applied for booking full 4-session course.*

2. Mindful Movement (Floor based Course)

Floor based sessions provide a gentle and in-depth approach to relieve physical and mental stress. These sessions focus on different muscles groups on front, back and side of the body alongside improving breathing, walking and eye movement.

90-minute	Individual	£150 (1 session) or £540* (4 sessions)
90-minute	Group (10 max)	£300 (1 session) or £1080* (4 sessions)

**10% discount has been applied for booking full 4-session course.*

Maiden Voyage Dance produce and tour new dance work from national and international choreographers and collaborators over three strands: *Maiden Belfast* mixed bill touring; *Dance Exposed* short works for public space and *Off Spring* touring work for young audiences. Established in 2001, Maiden Voyage Dance has a respected reputation for innovative working across education, health and community settings alongside its renowned artistic programme.

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