



Monday 13th July

11.00 am: Autism Movement Therapy® Based Session with Hilary

2.00 pm: Sensory Yoga (based on the Yotism Method™) with Lizzie

NEW! 6.30pm: Pyjama Storytelling and Yoga with Eleanor NEW!

Tuesday 14th July

NEW! 11.00 am: Rhythm and Rhyme with Sharon NEW!

2.00 pm: Developmental Dance Movement® Based Session with Hilary

Wednesday 15th July

11.00 am: Developmental Dance Movement® Based Session with Hilary

2.00 pm: Autism Movement Therapy® Based Session with Hilary

Thursday 16th July

NEW! 11.00 am Mindful Motor Session with Nicole NEW!

NEW! 2.00 pm: Early Years Yoga with Dance with Lizzie NEW!

Friday 17th July

11.00 am: Laughter Yoga with Hilary

2.00 pm: Social Grooves with Sunanda



Classes are delivered via online Zoom sessions

Registration is required for each session. Links and full information can be found at:

www.movementworks.org/movementworks-online-sessions

For further information, email: Juliette@movementworks.org