



Music & Movement (level 1)



Wednesday's 10.30am (approx 45mins)

15

-20 mins of light exercises aimed at improving the **cardio vascular system** as well as working all the main joints and muscle groups to assist:

range of movement **co-ordination** **posture** **muscle tone** **balance**

with the optional use of multi-levelled stretchy bands and choice of hand weights.

Within this section we also **stretch** some of the main muscle groups.



Social Circle (approx 15-20 mins) is time to exercise our tongues, have a laugh and put the world to rights. We continue the lesson seated and use soft balls to work primarily on **circulation** and **flexibility** within the **hands, wrists, feet, ankles, knees** and **hips** before using stretchy bands to strengthen the **legs**.

Memory Circle (approx 10-15mins) is for simple memory games incorporating reaction and “hand to eye” co-ordination skills.

Tai Chi / Colour Therapy etc (approx 5 mins) to improve **breathing, posture** and **balance** with some relaxing Tai Chi or simply learn **relax** and breathe through the chakra colours.



Finish with a cup of tea and a biscuit.

(Transport available)

