



## *Flow n Slow Facilitator Training*

(Move, Breathe, be Mindful)

This Training Course will equip suitable participants with the necessary knowledge and skills to enable them to deliver these safe, gentle *Flow n Slow* exercise and relaxation sessions within your organisation.

The medical benefits of both physical movement and mental relaxation are widely documented, and are regularly proven by important internationally published research studies. This course will provide access to regular gentle group exercise and relaxation sessions (lasting up to 30 minutes) for those who may not otherwise have the opportunity to experience these benefits.

*Devised by Morag McDade\* and coordinated by \*The Health and Wellness Hub (see footnote) Flow n Slow* draws upon the basic principles of the ancient Chinese arts of Tai Chi and Qigong, working with the flowing movements seen within Nature. All movements have been adapted to create a safe and beneficial programme of movement, mindfulness and relaxation.

Course participants will explore how the human body and mind constantly communicate and affect each other in daily life and will learn the beneficial effects of combining the power of the spoken word with gentle movement.

They will learn how to confidently lead small groups in simple movement and breathing techniques, with an emphasis on incorporating aspects of mindfulness, visualisation and relaxation. Modifications will also be taught so that participants will feel able to adapt and adjust the content of a *Flow n Slow* session to suit a particular group, while maintaining the integrity of the programme.

As with any exercise system, safety is paramount. Exercise safety will form an important part of the course.

Following attendance at this course, participants will have the necessary knowledge and skills to enable them to safely facilitate health and wellness-promoting *Flow n Slow* sessions within your group or organisation.

### **Course Details**

The programme will run over 4 weeks (2 hours per week)

All handouts are included in the cost of the course

On completion of the course, participants will receive a certificate of achievement.

Facilitators will be required to do a re-accreditation on a yearly basis of which is 2 hours in duration.

*\*Please note, this course only permits the participant named on the certificate to deliver Flow N Slow sessions within their own organisation only \**

For further information, please contact The Health and Wellness Hub either by email [info@thehealthandwellnesshub.org.uk](mailto:info@thehealthandwellnesshub.org.uk) or telephone 01698 262437

*\* The Health and Wellness Hub is a Scottish Charitable Incorporated Organisation (SCIO) Charity number:SCO47372. The organisation provides volunteer led weekly health and wellbeing activities (e.g. complementary therapies, yoga, tai chi, relaxation classes) in several community based centres that are based in areas of North Lanarkshire where multiple deprivation exists and runs a Volunteer Development and support programme aimed at individuals who have a number of support needs and are marginalised and disadvantaged in some way (e.g. learning, physical disability, long term health condition, mental health issue etc) More details can be found on their website [www.thehealthandwellnesshub.org.uk](http://www.thehealthandwellnesshub.org.uk)*

*\*Morag McDade is a retired Specialist Speech and Language Therapist, and has studied and taught Tai Chi and relaxation techniques for more than two decades. She is a certified Reiki Practitioner and is also a Senior Trainer with The Tai Chi for Health Institute.*