

The Isbourne

COMMUNITY WELLBEING COURSES 2023

FINDING JOY THROUGH PLAYFULNESS

With Beth Forrester, Sophie Perry, Todd Roache and Claire Dallimore

Is life feeling too serious or stressful? Has it been a while since you had any fun? This course is an opportunity to rediscover the benefits of childlike play in adulthood. Engaging in playful activities helps relieve stress, develop resilience, boost creativity and support brain health; improving our overall wellbeing and sense of inner freedom.

Each session of the four-week course will be facilitated by one of The Isbourne's specialist tutors and will focus on a different modality: art, movement, music and laughter.

We invite you to join us and together we can reconnect with our spontaneity, release our worries and leave full of positive energy and joy!



FOUR-WEEK COURSE

MONDAYS 6TH, 13TH, 20TH & 27TH MARCH

1.30PM - 3PM | COURSE COST: £5 PER PERSON

TO REGISTER YOUR PLACE OR FOR MORE INFORMATION
PLEASE CALL 01242 254321 OR EMAIL BONNIE@ISBOURNE.ORG

The Isbourne does not have disabled access. Please call us if you wish to discuss access prior to coming.

THE ISBOURNE, 2 WOLSELEY TERRACE, CHELTENHAM, GL50 1TH. 01242 254321

FINDING JOY THROUGH PLAYFULNESS COURSE DETAILS

Week 1:

This fun and imaginative workshop will focus on simple art-making as a tool to tap into your childlike side and rediscover the joys of creative play, all in aid of your mental health.



Week 2:

This session is an opportunity to playfully explore being in our bodies in a safe and supportive way; creating space for spontaneity, creativity and fun! Expect music, props and games.



Week 3:

In this interactive workshop you will have the opportunity to experience the positive effects of music on your mood as it releases dopamine, the feel-good chemical in your brain! See how it feels to express yourself freely through rhythm, singing, and general musical play!



Week 4:

The final session will be filled with laughter, a good reminder not to take life too seriously! 'Laughter yoga' invites deep breathing and playful exercises to help support the wellbeing of your mind and body.



*The Isbourne is a safe and therapeutic environment,
there is no expectation to join in unless you feel comfortable to do so.
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