

# Moving through Menopause:

## A Dance of Transition

with Bridget Poulter, Registered Dance Movement Psychotherapist

Saturday 27 October 14.00-16.30

Saturday 24 November 14.00-16.30



Menopause is more than a medical definition and affects us physically, cognitively, emotionally, and psychologically.

Within these workshops we have space to explore this and more: your rich experience, how you feel in the moment, as well as the joy of moving together with empathy and compassion for each other and self. And we play – an under-estimated but essential element in life regardless of age, supporting creativity, resilience and connection.

The sessions start with a body awareness warm-up, an improvised movement section inspired by poetry, imagery, or contributions from the group. We will also use elements of Laban Movement to expand our repertoire improving posture, balance, co-ordination, and flexibility. Laban Movement focuses on how the body moves in relationship to space and how our quality of movement affects function and communication.

You can book online  
at [www.letchworthcentre.org](http://www.letchworthcentre.org)  
or call us on 01462 678804

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