

MONTHLY WORKSHOPS

2024



Open
to all

M O K O
P H Y S I O T H E R A P Y

Our monthly workshops share insightful health and wellbeing education, unlocking the secrets to living a healthier and happier life, long term.

Led by health experts and held in our studio at Moko.

PRICES

General £20

Members (50% discount) £10

See reverse for workshop details

JUN	Sat 1st Jun - 10.30am Breathwork & Meditation With Sammie Narroya	90 mins
JUL	Sat 13th Jul - 10.30am Intro to Yoga With Neil Brailsford	90 mins
AUG	Sat 3rd Aug - 10.30am Intro to Pilates With Naomi Isaacs & Laura Birbeck	90 mins
SEP	Sun 1st Sep - 10.30am Alcohol & Your Health With Rob Maxwell-Jones	90 mins
OCT	Sat 5th Oct - 10.30am Welcome In Positivity With Laura Marie Morley	90 mins
NOV	Sat 2nd Nov - 10.30am Men's Health With Mike Noble	90 mins

BOOK ONLINE

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MONTHLY WORKSHOPS

2024

Sat 1st Jun - 10.30am

Breathe In & Bliss Out: Breathwork & Meditation

With Sammie Narroya,
Founder of Satyam Yoga



Sammie is a 200-hour certified Yoga Instructor and has worked as an Occupational Therapist for 27 years. Join Sammie for a blissful, fully immersive, movement and meditation practice. In this practical workshop you'll discover techniques aiming to calm the mind, reduce stress and find your truth.

Sat 13th Jul - 10.30am

Intro to Yoga

With Neil Brailsford,
RYT Yoga Teacher

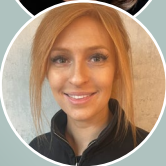


Join Neil for an informative and practical session, aimed at providing you with a foundational understanding of yoga principles. Neil will offer an overview of various yoga types, and cover the basics of postures, breathing techniques and movement patterns. Ideal for beginners.

Sat 3rd Aug - 10.30am

Intro to Pilates

With Naomi Isaacs &
Laura Birbeck,
Physiotherapsts /
Pilates Instructors



Join Naomi & Laura for an informative and practical session on the fundamental principles of Pilates. They will use physiotherapy techniques to teach you the basic theory behind core activation, abdominal breathing, and functional movements applied in Pilates. Ideal for beginners.

All workshops run for approx. 90 mins.
Refreshments included.

Sun 1st Sep - 10.30am

Alcohol & Your Health

With Rob Maxwell-Jones,
Psychotherapeutic Counsellor



Alcohol is a common part of everyday life for many people. However, sometimes we forget about the significant impact it can have on our bodies and minds. In this workshop, Rob will share his experience with alcohol issues and discuss ways to maintain a healthy relationship with it. This workshop is a safe space to share any concerns and to access support information.

Sat 5th Oct - 10.30am

Welcome In Positivity

With Laura Marie Morley,
Life Coach



Laura Marie holds a Level 5 Diploma in Coaching with NLP (Neuro-linguistic Programming). This interactive workshop will provide techniques for changing negative mindsets to positive ones. We will explore how positive thoughts, feelings and behaviours can transform our lives. To participate, bring a notepad and pen. You will learn tools and techniques that you can use in your daily life.

Sat 2nd Nov - 10.30am

Men's Health

With Mike Noble
Nutritionist & Personal Trainer



Join Mike as he dives into men's health, discussing science-backed evidence on hormones, nutrition, supplements, and lifestyle choices that can help you achieve your health goals. Learn how testosterone decreases with age and how sleep and lifestyle can impact this, as well as essential supplements to improve your overall health.