

# MONTHLY WORKSHOPS

2025

MOKO



## Sound Baths

With Lucas Brooks  
First Sunday of every month

Open to all

Join us for both insightful health and wellbeing education, and practical sessions, unlocking the secrets to living a healthier and happier life, long term.

All led by health experts and held in our studios at Moko Physiotherapy.

### PRICES

General	£20
Members (50% discount)	£10

See reverse for workshop details

JAN	Sat 25th Jan - 10.30am Running Secrets With Ryan Bennett	90 mins
MAR	Sat 1st Mar - 10.30am Nutrition & Gut Health With Rachel O'Donoghue	90 mins
	Sat 29th Mar - 10.30am Nutrition in the Menopause With Mike Noble	90 mins
APR	Sat 26th Apr - 10.30am Preparing for Motherhood With Dr. Amanda Walker & Dr. Alex Stanbury	90 mins
JUN	Sat 21st Jun - 10.30am Creating Motivation & Success With Laura Marie Morley	90 mins
JUL	Sat 5th Jul - 10.30am Exercise After Babies With Heather Lynn	90 mins
PLUS	First Sun of every month - 1pm Sound Baths With Lucas Brooks	90 mins

BOOK ONLINE

[mokophysiotherapy.co.uk](http://mokophysiotherapy.co.uk)

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Unit 3-4 Mickleover Retail Corner | Uttoxeter Road | Mickleover | Derby | DE3 0GQ

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Sat 25th Jan - 10.30am

## Running Secrets

With Ryan Bennett,  
Senior Physiotherapist

Calling all runners! Join our workshop to stay injury-free and perform at your best. Learn how to create a running plan, prevent common injuries, and optimise recovery with expert tips from Ryan. We'll also debunk running myths and share research-driven strategies to improve your performance.



Sat 1st Mar - 10.30am

## Nutrition & Gut Health

Led by Rachel O'Donoghue,  
Nutrition Coach

Rachel's back with this hot topic! Dive into a transformative workshop with an expert Nutrition Coach and specialist in a prominent health science company, specialising in gut health. Explore what the gut microbiome is, the profound link between nutrition and health, as well as practical tips, to help you cultivate a thriving gut, optimising your digestion.



Sat 29th Mar - 10.30am

## Nutrition in the Menopause

Led by Mike Noble,  
Nutritionist & Personal Trainer

Mike is back with his popular workshop, helping you navigate menopause through nutrition, debunking myths and misconceptions. Learn how to manage symptoms, boost energy, and support hormone balance with expert tips and practical dietary strategies.



See [website](#) for details of our monthly Sound Baths.

Refreshments included at all workshops.

Sat 26th Apr - 10.30am

## Preparing for Motherhood

With Dr. Amanda Walker  
& Dr. Alex Stanbury,  
Clinical Psychologists

With over 14 years' experience in adult and perinatal mental health, and as mums themselves, Amanda & Alex bring expert insight to help you emotionally and practically prepare for motherhood. In this workshop, they'll support you to feel settled and centred as you navigate this life transition.



Sat 21st Jun - 10.30am

## Creating Motivation & Success

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 you with techniques to create structure and routine within your life to bring motivation and success. Don't forget your notepad and pen!



Sat 5th Jul - 10.30am

## Exercise After Babies

With Heather Lynn,  
Senior Physiotherapist &  
Mummy MOT Practitioner

Learn how to return to exercise after having a baby at any stage. Heather will teach you how to check your tummy muscles for abdominal separation. As well as the opportunity to try out some mummy-specific exercises as part of a group, including pelvic floor and core.

