MONTHLY WORKSHOPS

2025

90 mins

90 mins

90 mins

90 mins

90 mins



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

Sat 1st Mar - 10.30am Nutrition & Gut Health

With Rachel O'Donoghue Sat 29th Mar - 10.30am

Nutrition in the Menopause With Mike Noble

Sat 26th Apr - 10.30am Preparing for Motherhood

With Dr. Amanda Walker & Dr. Alex Stanbury

Sat 21st Jun - 10.30am 90 mins **Creating Motivation & Success** With Laura Marie Morley

Sat 5th Jul - 10.30am

Exercise After Babies With Heather Lynn

First Sun of every month - lpm 90 mins Sound Baths

With Lucas Brooks

BOOK ONLINE

mokophysiotherapy.co.uk

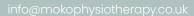














MONTHLY WORKSHOPS

2025

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.

Pefreshments 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.

