MONTHLY WORKSHOPS 2026

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 17th Jan - 10.30am Wellness Kickstarter With Anne Sloman	2 hrs
FEB	Sat 7th Feb - 10.30am Confident Mindset With Laura Marie Morley	1.5 hrs
MAR	Sat 7th Mar - 10.30am Nutrition & Gut Health With Rachel O'Donoghue	1.5 hrs
APR	Sat 11th Apr - 10.30am Living with Diabetes With Callum Young	1.5 hrs
MAY	Sat 9th May - 10.30am Heal from Within With Kate Gasior	1.5 hrs
JUN	Sat 6th June - 10.30am Intro to Tai Chi With Angela Phillips	1.5 hrs
PLUS	First Sun of every month - 3.30pm Sound Baths With Lucas Brooks NEW TIME	1.5 hrs

BOOK ONLINE

mokophysiotherapy.co.uk

01332 501098

info@mokophysiotherapy.co.uk

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

MONTHLY WORKSHOPS 2026

Sat 17th Jan - 10.30am

Wellness Kickstarter

With Anne Sloman, Holistic Health & Wellness Coach

Join Anne for this motivating workshop designed to help you build healthy habits that boost your energy, balance and wellbeing. You'll learn simple nutrition and lifestyle tips, uncover what's been holding you back, and leave with practical, personalised steps to feel more energised, clear and confident – long after January is over.

Sat 7th Feb - 10.30am

Confident Mindset

With Laura Marie Morley, Life Coach

Life coach Laura Marie will guide you through simple, uplifting tools to help you understand what areas of your life feel in or out of balance. Through guided exercises and reflective discussion, you'll explore how to build confidence, shift unhelpful thought patterns, and develop a calmer, more empowered mindset. You'll leave with practical strategies you can use right away in everyday life.

Sat 7th Mar - 10.30am

Nutrition & Gut Health

With Rachel O'Donoghue, Nutrition Coach

Back due to popular demand! Dive into a transformative workshop with Rachel, 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.

Refreshments included at all workshops.

Sat 11th Apr - 10.30am

Living with Diabetes

With Callum Young, Senior Physiotherapist

Join Callum, senior lecturer, for a friendly, interactive session exploring what diabetes is, how it affects the body, and the small, sustainable lifestyle changes that make a big difference. Learn practical tips around movement, nutrition, symptom management, and day-to-day habits to support long-term wellbeing. Ideal for anyone living with diabetes, at risk, or supporting a loved one.

Sat 9th May - 10.30am

Heal from Within

With Kate Gasior, Somatic Bodywork Therapist

Join Kate for a grounding workshop exploring how the body holds stress and emotion – and how to gently release it. Learn why certain pains or tensions return, what your body may be trying to communicate, and simple techniques to calm your system and reconnect with yourself. Perfect for anyone feeling overwhelmed, stuck, or in need of an emotional reset from the inside out.

Sat 6th June - 10.30am

Intro to Tai Chi

With Angela Phillips, Health QiGong® & Tai Chi Instructor

Join Angela for this calming session combining gentle, flowing movements, mindful breathing, and an easy-to-follow sequence that improves balance, coordination, and mental clarity. With soothing music and clear demonstrations, you'll experience 'meditation in motion', leaving relaxed yet energised. All movements are slow, low-impact and can be done standing or seated, so accessible to everyone.