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	£25
Members (50% discount)	£12.50

See reverse for workshop details

JUL	Sat 4th Jul - 10.30am Fuel for Endurance With Lauren Gregory	90 mins
	Sat 18th Jul - 10.30am Intro to Tai Chi With Angela Phillips EXTRA DATE ADDED	90 mins
AUG	Sat 1st Aug - 10.30am Take Back Control With James Lamin	90 mins
SEP	Sat 12th Sep - 10.30am *Ask a Pharmacist:* Heart Health With Zack Sayub	90 mins
OCT	Sat 10th Oct - 10.30am *Ask a Pharmacist:* Menopause Management With Zack Sayub	90 mins
NOV	Sat 14th Nov - 10.30am Calm Before Christmas With Laura Marie Morley	90 mins
PLUS	First Sun of every month - 2.00pm Sound Baths With Lucas Brooks NEW TIME	90 mins

BOOK ONLINE

mokophysiotherapy.co.uk

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MONTHLY WORKSHOPS 2026

Sat 4th Jul - 10.30am

Fuel for Endurance:

Nutrition & hydration for athletic performance



With Lauren Gregory, Sports Dietician

Join HCPC-registered dietitian and sports nutrition specialist Lauren for an engaging workshop on what to eat before, during, and after long-distance events. With 14 years of experience and a role as an NHS clinical dietitian, Lauren combines science-backed advice with practical, easy-to-apply strategies to help improve your running or cycling performance through nutrition.

Sat 18th Jul - 10.30am

Intro to Tai Chi



With Angela Phillips, Health QiGong® & Tai Chi Instructor

EXTRA DATE ADDED

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 slow, low-impact movements, soothing music and clear demonstrations, you'll experience 'meditation in motion' – leaving you relaxed yet energised.

Sat 1st Aug - 10.30am

Taking Back Control



With James Lamin, Mindset & Self Leadership Coach

Feeling stuck, overwhelmed or held back by self-doubt? This interactive workshop will help you break free from limiting beliefs, overcome negative thinking and reconnect with what you truly want. Through powerful exercises and guided reflection, you'll gain clarity, confidence and practical tools to help you move forward feeling inspired, empowered and back in control of your life.

Refreshments included at all workshops.

Ask a Pharmacist...

With Zack Sayub, Senior Clinical Pharmacist



Sat 12th Sep - 10.30am

Heart Health:

Understanding your risk

A practical and easy-to-understand workshop, exploring blood pressure, cholesterol, blood sugar and overall heart health risk. Learn what your numbers mean, why they matter, and simple steps to reduce your risk of heart disease, stroke and diabetes. Ideal for anyone wanting to take a more proactive approach to their long-term health and wellbeing.

Sat 10th Oct - 10.30am

Menopause Management:

Hormones, health & feeling yourself again

A warm and supportive workshop for women navigating perimenopause and menopause. We'll explore common symptoms, the wider impact on long-term health, and practical strategies including lifestyle changes and HRT options to help you feel more informed and supported. The session is designed to help you better understand your body and feel more confident in managing your health.

Sat 14th Nov - 10.30am

Calm Before Christmas



With Laura Marie Morley, Life Coach

Join Life Coach Laura for a supportive session on stress and burnout. As December approaches, we'll explore 'festive fatigue' and 'winter blues', alongside everyday stress. Sharing simple, practical tools & open conversation, you'll learn ways to protect your energy and restore balance – leaving with a festive plan to help you feel calmer, clearer, and more in control.

PHYSIOTHERAPY | REHAB | MASSAGE | CLASSES | WORKSHOPS