**MIMI**

Mimi comes to The Healing Hub with over 25 years experience with movement and the body. Mimi first trained in Aikido, then moving onto movement and contact improvisation. Mimi brought all her skills together and founded a mental health charity where movement is the cornerstone of the magical work. Seven years ago Mimi then trained in structural integration, a transformative process that helps move towards a more grounded, clearer and therefore happier state of being.

Mimi offers courses in mindful movement which is an extraordinary technique that brings together the body and mind. The practice combines movement as well as meditation.

Mimi is truly an expert in her field. Through dance medicine, through connection, through community, through knowing our own bodies and not fearing them, through allowing ourselves the physical and mental space we can change our lives.

Contact me at: michelle@makeamove.org.uk