



Helping
teenagers
to
beat stress
with
Mindful Motion





Teenage stress is at an all-time high



Academic pressures and social pressures including online activities such as Facebook and Instagram mean that more and more teenagers are suffering from stress and anxiety.

If this is not dealt with, it will affect their self-esteem, confidence and academic performance. Additionally, there will be an increase in young adults suffering from mental health issues often leading to suicide, or physical health problems associated with long-term stress when they are older - heart disease, obesity, IBS, even cancer.



What is Mindful Motion?



Mindful Motion combines flowing tai chi and yoga moves with mindfulness meditation concepts.

By simply focusing on the movements, the participant will experience a deep sense of calm.

Compared to other modalities of stress management such as mindfulness, it is therefore easy for stressed out teenagers to practice, and thus deal with on-going stress.



Who is wimble.com?

wimble.com promotes holistic health and wellness. The allopathic approach to health is not enough – it is important to consider one's psychological and emotional health as part of a holistic approach to overall health.

wimble.com is headed up by Darren Yap who has more than two decades of experience in tai chi, meditation and mind therapies, and strongly believes that long-term good health has to be approached holistically.

Darren Yap developed Mindful Motion after identifying that many people are too busy to properly benefit from the relatively in-depth training required to practice systems such as tai chi, yoga and mindfulness.

wimble.com are visiting schools to offer free afternoons of workshops as well as affordable on-going after-school clubs. The workshops will be a way of allowing pupils to experience Mindful Motion without charge. The low cost on-going after-school clubs will allow students to really feel the long-term effects on stress of regularly practising Mindful Motion.

All trainers have been DBS-checked.



What next?



To discuss your requirements or to book a free afternoon of workshops, please contact Darren on 07977 135506.