

**Eden People Community Wellbeing & Spirituality**  
**An Introduction to Body Blessing & Positive Posture:**  
*Using the whole self in physical, emotional & spiritual conversation.*

*Thanks for reading this information. If you have any questions or would like to book in to a session please drop us an email via the contact details at the bottom of the page. We have an email group to give you unique opportunity to book up sessions in advance; please ask us to add you to this.*



**What is it?**

This is a physical, spiritual and emotional activity that connects body, mind and spirit. It centres on who we are, how we are and where we are in the present moment. Involving a series of movements, stances, postures and prayers that express something from the person involved towards a Divine Love / Creator / Maker (even if this is not part of the participants faith or belief system) As we move or create a stance or position during the session the person connects inwardly (spiritually & emotionally) to the outward physical; and this can bring about new thought or feeling from the participant in regard to themselves, others and the world. Designed to support your mental health, physical health, spirituality, wellbeing and positive thinking towards self, others and the planet

**Possible outcomes or participating in a Body Blessing & Positive Posture session(s), depending on the participant:**

- Raised self esteem & self worth
- Honouring who we are and how we are in the moment
- Brings rest / relaxation / calm to a participants mental / physical / emotional / spiritual body mind & spirit.
- Inspired or new thinking – mentally stimulating
- New, fresh or revealed understanding of themselves or situation.
- Spiritual connection inwardly and outwardly – connecting body, mind & spirit.
- General improved attitude to wellbeing & health
- Some physical movement (although it is not a very physical activity) to aid mobility & physical health
- Positive words & actions spoken over & to participants by themselves and the session leader

**Who is Body Blessing & Positive Posture for?**

This activity is open to any gender, any ethnicity, any age (although under 16's should be accompanied by an adult) people with any faith / belief system or none. It can be undertaken by people with some physical and mental illness, although if in any doubt medical advice should be sought before participating in a session.



Eden People Community Wellbeing Group. E: [info@edenpeople.org.uk](mailto:info@edenpeople.org.uk)  
W: [www.edenpeople.org.uk](http://www.edenpeople.org.uk) FB: Eden People Twitter: @edenpeople  
**Meet Up:** Eden People Spirituality & Wellbeing

**Eden People Community Wellbeing & Spirituality**  
**An Introduction to Body Blessing & Positive Posture:**  
*Using the whole self in physical, emotional & spiritual conversation.*

**What would you expect in a Body Blessing & Positive Posture session?**

- A session would last between 45min & 60mins
- The group is small – between 6 – 12 participants and 2 or 3 Eden staff.
- Pre booking a space is important as this is a closed group activity and not a 'drop in' space
- After a brief welcome there is a time to prepare, usually a short spoken or tactile meditation of some description to centre/ground participants. This activity is for grounding or to become mindful of themselves at that moment.
- The session then moves into a time of Body Blessing which give the participant time to be thankful and reflective about themselves and their body. A journey through areas of the body with a positive reflection on their use and activity for participants.
- We then move to Positive Posture element of the session. In this section the participant uses their body through posture/stance/activity to communicate with the Divine Creator and/or with themselves regarding their lives at that moment in time.
- After this there can either be a time of rest and reflection or there can be an element of 'freestyle' activity that the participant can do alone without front lead guidance but with music or sound. There can be some activity of resting in the moment with spiritual connection with the Divine Creator occurring.
- The session leader may move among participants supporting/encouraging and blessing them. Maybe facilitating posture or stances that bring new understanding or response to a situation or feeling.
- A session will then finish and depending on the time, venue and participants an informal reflection/conversation/healing/blessing/insight can occur if required.



**Body Blessing & Positive Postures Session:**

It is not Yoga, Pilates or a focused meditation; however it may connect to those with these particular interests as elements of a Body Blessing & Positive session may resonate with these other holistic pursuits.

Eden People Community Wellbeing Group. E: [info@edenpeople.org.uk](mailto:info@edenpeople.org.uk)  
W: [www.edenpeople.org.uk](http://www.edenpeople.org.uk) FB: Eden People Twitter: @edenpeople  
**Meet Up:** Eden People Spirituality & Wellbeing

**Eden People Community Wellbeing & Spirituality**  
**An Introduction to Body Blessing & Positive Posture:**  
*Using the whole self in physical, emotional & spiritual conversation.*

**Is any special equipment or clothing required for a Body Blessing & Positive Posture session?**

- No special clothing is required although clothing that allows you to stretch & move is best.
- This activity could take place inside or outside a building
- A yoga mat, mat or towel of some sort maybe useful depending on the venue flooring; shoes and socks can remain on during a session.
- Seats / chairs can be available for participants as a seated participation can be undertaken.
- ***Physical fitness is not required for this activity, although any illness should be disclosed to the session leader before hand and participants should understand their limitations regarding moving and stretching.***
- Keeping hydrated is beneficial so bottled water or cup of water should be bought along or accessible



**Body Blessing & Positive Posture Origins:**

This activity is designed by Colin Brice & Eden People. Colin is a self employed gardener with a Christ-centred non-religious faith & spirituality. He project leads Eden People a Community Wellbeing & Spirituality group based in Guildford.

As part of his Christ-centred faith & spirituality he has healing, blessing, intuition & insight gifts that the Divine Creator has imparted to him. These are for helping, supporting, healing and encouraging people on their life journey regardless of their belief system or faith background.

‘Body Blessing & Positive Posture’ is born out of Colin’s’ heart to enable people to engage with the Divine Creator and to understand and experience love, hope, life; and upon reflection that they are Intimately Known, Wonderfully Created, Truly Loved as they are and who they are at any particular moment in their lives.

This is part of his regular spiritual discipline, devotion and worship activity; to use the body to ‘say or pray and express’ something that words cannot.

**Eden People:**

Are a not-for-profit Guildford based community group with a Christ-centred non - religious all age group. Community wellbeing is our priority focusing on Physical, Emotional & Spiritual Health. Our activities & gatherings are open to all people: any faith or belief (or none), any race or ethnicity, gender or sexual orientation.

Eden People Community Wellbeing Group. E: [info@edenpeople.org.uk](mailto:info@edenpeople.org.uk)  
W: [www.edenpeople.org.uk](http://www.edenpeople.org.uk) FB: Eden People Twitter: @edenpeople  
**Meet Up:** Eden People Spirituality & Wellbeing