

# BODY BLESSING + POSITIVE POSTURES



*Improve your Wellbeing & Physical,  
Mental and Spiritual Health*

**Body Blessing & Positive Postures** have been created by Eden People to help people understand who they are, and how they are wonderfully made.

**Body Blessing** focuses on different areas of the body with words of blessing spoken over them. This gives the participant the awareness of the importance of the body they have been given to live with.

**Positive Postures** allows the participant to take a stance or posture that 'speaks' for them. Using their body to create a stance or posture that is meaningful to them at that time.

These sessions can be good for the emotional, spiritual and physical health of the participant; for more details or any questions please contact us.

These sessions are open to all; no upper age limit, reasonable health and fitness, any faith (or none) or belief system. Under 16's MUST be accompanied by a parent or guardian.



**COST: FREE thanks to Guildford Borough Council  
Community Grant Award**



Eden People are a Christ-centred non-religious all age group from Guildford. Community wellbeing is our priority focusing on Physical, Emotional & Spiritual Health.

For more details and to book a session contact us:

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