



The Body Hotel

Moving Self-Compassion Employee Wellbeing Programme

Open and free of charge to anyone working across NHS Wales in the **health and social care** sector.

We particularly encourage participants who are coming back to work from leave or are considering leaving work and want a positive space to support this transition.

You time. Redefined.



Movement Cwtsch Cinio

Short Movement Activities to Energise & Unwind

Take a 20 minute 'you time' break during lunch to energise and unwind with a quick online activity led live by a movement specialist.

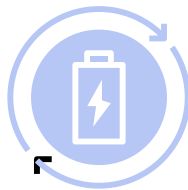
Try a taster of The Body Hotel's new employee wellbeing programme, pop in and pamper yourself through creativity and expression! Each slot has a different theme. You can even get your colleagues involved in a team group activity together!

Wed lunchtimes bi-weekly Online via Gwella

Times: Slot 1 @12:00-12:20
Slot 2 @12:30-12:50

Dates: 5 April, 3 May, 17 May, 31 May, 14 June, 28 June, 12 July, 26 July, 9 Aug, 23 Aug
*No session on 19 April

[Book here](#) 



Recharge Movement Lounge

Evening Space to Decompress & Reconnect

You will learn skills and practices that prevent burnout and build positive connections using movement.

Move and reflect in a safe, nurturing environment, aiming to decompress, transform and have fun through dynamic activities that you can tailor to your own comfort level. No prior experience in movement needed.

Wed evenings bi-weekly Online via Zoom

Duration: 75 min
Time: 18:00-19:15h

Dates: 12 April, 26 April, 10 May, 24 May, 7 June, 21 June, 5 July, 19 July, 2 Aug, 16 Aug, 30 Aug, 13 Sept

[Book here](#) 



Self-Compassion Space

In-Person Movement Wellbeing Intensives

In this workshop intensive, we will deepen our movement practice and treat ourselves to checking out from daily life and checking into our bodies.

You will learn more about dance/movement as a tool for our wellbeing, and reflect on how we can nurture and replenish ourselves, enjoy connecting with others in person, and re-engage with play and creativity.

Saturdays every 5-6 weeks

Duration: 3 hours, In person
Place: HEIW Headquarters or USW Atrium
Time: 10-13h

Dates: 29 April, 3 June, 8 July, 12 Aug, 23 Sept

[Book here](#) 