



# SERVICES

Body Mind Collective CIC is a community-led social enterprise that provides inclusive, trauma-informed movement and mindfulness sessions for people facing barriers to traditional wellness spaces. Every paid session funds free and low-cost programs in Sandwell.



# THIRD SECTOR SERVICES

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| <b>YOGA &amp; MEDITATION</b> | <ul style="list-style-type: none"><li>✔ Adults with disabilities &amp; autism.</li><li>✔ Older adults &amp; individuals with dementia.</li><li>✔ Pregnancy &amp; babies.</li><li>✔ Children, young adults, and schools.</li><li>✔ Individuals experiencing mental illness.</li><li>✔ Adults with visual &amp; hearing impairments.</li></ul> |
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| <b>SOUND RELAXATION &amp; SOUND WORKSHOPS</b> | <ul style="list-style-type: none"><li>✔ Adults with disabilities &amp; autism.</li><li>✔ Older adults &amp; individuals with dementia.</li><li>✔ Individuals living with cancer.</li><li>✔ Pregnancy &amp; babies.</li><li>✔ Children, young adults, &amp; schools.</li><li>✔ Private Parties and Events.</li></ul> |
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| <b>TRADITIONAL &amp; SOUL LINE DANCING</b> | <ul style="list-style-type: none"><li>✔ Carers.</li><li>✔ Older adults &amp; individuals with dementia.</li><li>✔ Young adults &amp; youth groups.</li><li>✔ Individuals living with depression &amp; anxiety.</li><li>✔ Team building.</li><li>✔ Private parties &amp; events.</li></ul> |
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We customize our sessions for various community groups and charities. If you're interested in exploring how we can support your group through our sessions but don't see it mentioned here, please reach out to us. Discounts are available for block bookings.

All profits from our sessions directly fund community programming.

To book a free 30-minute taster session, please contact us at:  
[hello@bodymindcollective.cc](mailto:hello@bodymindcollective.cc).



# CORPORATE SERVICES

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| <b>FLEXIBLE WELLBEING<br/>PASSES</b> | <ul style="list-style-type: none"><li>✔ Class passes for community sessions.</li><li>✔ Access to a private online library.</li><li>✔ Discounts on workshops &amp; retreats.</li></ul> |
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| <b>WEEKLY WORKPLACE<br/>WELLBEING</b> | <ul style="list-style-type: none"><li>✔ Weekly classes in your workplace or online.</li><li>✔ Access to a private online library.</li><li>✔ Sessions customised to the needs of your organisation.</li><li>✔ Discounts on workshops &amp; retreats.</li></ul> |
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| <b>TEAM BUILDING &amp;<br/>AWAY DAYS</b> | <ul style="list-style-type: none"><li>✔ Specialised workshops.</li><li>✔ Sessions are customised to the specific needs of your organisation.</li><li>✔ We will attend in person at your workplace or designated venue.</li></ul> |
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We offer customised sessions tailored to your organisation, which can be held at your workplace, an external venue, or online.

All profits generated from our sessions directly support community programming.

To schedule a complimentary 30-minute taster session, please contact us at [hello@bodymindcollective.cc](mailto:hello@bodymindcollective.cc).



# WEEKLY COMMUNITY CLASSES

| TIME            | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|-----------------|--|---|---|--|---|
| 10am - 11am     |  | Seated Yoga St John's Community Centre Oldbury £3 | Seated Yoga at Oakham Library, Every 3 <sup>rd</sup> Week of the Month FREE | Beginners Tai Chi Wednesbury Library £5            | Seated Yoga Blue Ribbon Mission West Bromwich £7                              |
| 11am - 12pm     |  |   | Seated Yoga for over 75s with Reengage Online FREE                          |  | Seated Yoga at Tipton Library, Every 1 <sup>st</sup> Friday of the Month FREE |
| 2pm - 3pm       |  |   | Seated Yoga Stone Cross Library West Bromwich £3                            |  |   |
| 6.15pm - 7.15pm |  |   | Yoga Flow Friar Park Millennium Centre Wednesbury £7                        | Yoga Foundations West Bromwich Community Centre £7 |   |
| 6.30pm - 7.30pm |  | Line Dancing West Bromwich Community Centre £5    |   |  |   |
| 7.15pm - 8.15pm | Dynamic Yoga Phoenix Collegiate West Bromwich £7 | Beginners' Yoga St James' Church Oldbury £7       |   |  |   |

Join us at one of our weekly sessions delivered in the community and open to all. Book via [www.bodymindcollective.cc](http://www.bodymindcollective.cc)



# CONTACT US

Contact **Bryony Morris**, our Founder and Wellbeing Lead, to discuss how Body Mind Collective can support you, your group, or your employees:

**Phone/Text/WhatsApp:**

07749 847818

**Email:**

[hello@bodymindcollective.cc](mailto:hello@bodymindcollective.cc)

**Book a call:**

[www.bodymindcollective.cc/contact-us](http://www.bodymindcollective.cc/contact-us)

**LinkedIn:**

<https://www.linkedin.com/in/bryonym/>

