

The BIG Family Event Being Well, Doing Well WORKSHOP 2 INFO - Family Yoga and Mindfulness Facilitated by Natasha Iregbu, Butterfly Minds

About Natasha

Butterfly Minds delivers mindfulness and yoga workshops for voluntary organisations to help support users' mental wellbeing. Natasha combines her 15 years of experience working in the voluntary sector with her mindfulness and yoga teachings.

Butterfly Minds also provides online meditation and mindfulness programmes for parents with a child(ren) who is neurodivergent/has additional support needs. Additionally, Natasha delivers author visits, across Edinburgh, with her children's books 'Slow Down Amaya' and 'Slow Down Sammy'.



"If you're seeking time to slow down to create more time and energy to support yourself and your family, you're in the right place."

What is the workshop about?

Explore how to slow down and be present in the moment with yoga and mindfulness activities. Natasha will share gentle yoga postures and introduce your family to techniques to help you feel more connected to yourself and each other. Discover how tuning into your senses can slow down a busy mind. You'll be guided through creative and interactive activities which will help you feel calm and relaxed. You'll have the chance to design your own colourful coaster that you can take home as a mindful reminder. This workshop is suitable for beginners and individuals who have tried yoga and mindfulness before. All you need is an open mind and willingness to try new things!

What will my family and/or I take away from attending this workshop?

This workshop explores how yoga and mindfulness can have a positive impact on a families' physical and mental wellbeing. It allows you to become aware of how you feel and provides you with tools that can help reduce stress and tension, in your mind and body.

How does my family and/or I join this workshop?

A choice of four workshops will run in the morning and again in the afternoon. You and/or your family will have the chance to attend two of these workshops; one workshop in the morning and one in the afternoon. Once you've booked your space to attend The Big Family Event, we'll be in touch a couple of weeks before the event to ask you to choose your preferred workshops to join. We'll try our best to allocate spaces where everyone gets their first and second pick.

There will also be different activities and areas to explore and drop into during the day such as; Quiet Zone, Games/Play Zone, Chill Area and Creative Corner.

Any further questions? Email us on sccr@cyrenians.scot