

**MAT MOVEMENT SESSIONS 2022
(AROUND THE BODY IN 51 WEEKS)**

WINTER

January 4th & 5th Spinal Songs
January 11th & 12th Renal Renewal
January 18th & 19th Braving Bones
January 25th & 26th Cellular Celebration

February 1st & 2nd Evoking Evolution
February 8th & 9th Womb Wisdom
February 15th & 16th Spine Sensations
February 22nd & 23rd Harmonising Hormones

SPRING

March 1st & 2nd Spring Awakening (Body Areas)
March 8th & 9th Lively Liver
March 15th & 16th Gracious Gall Bladder
March 22nd & 23rd Anchoring Axis

March 29th & 30th Honouring Horizons
April 5th & 6th Side by Side (Bilateral)
April 12th & 13th Sincere Sinews
April 19th & 20th Joyous Joints
April 26th & 27th Womb as Nest

May 3rd & 4th Easy Eyes & Forward Feet
May 10th & 11th Spring Clean (Detoxification)
May 17th & 18th Mutable Mesoderm
May 24th & 25th Gathering Gall

SUMMER

May 31st & June 1st Spring Meets Summer (Linking Vessels)
June 7th & 8th Shimmering Chakras
June 14th & 15th Blood Bliss
June 21st & 22nd Harty Heart

June 28th & 29th Insightful Intestine
July 5th & 6th Pericardium Protection
July 12th & 13th Blazing Burners (Torso Divisions)
July 19th & 20th Fabulous Fascia
July 26th & 27th Melting Marrow

LATE SUMMER

August 2nd & 3rd Central Channel

August 9th & 10th Satisfying Stomach

August 16th & 17th Digestive Desires

August 23rd & 24th Splendid Spleen

Aug 30th & 31st Loving Lymph

September 6th & 7th Nurturing Navel

September 13th & 14th Marvellous Muscles

September 20th & 21st Greeting Gravity

September 27th & 28th Embracing Elimination

AUTUMN

October 4th & 5th Lyrical Lungs

October 11th & 12th Integral Intestine

October 18th & 19th Engaging Ectoderm

October 25th & 26th Grounding Grief

November 1st & 2nd Valuing Voice

November 8th & 9th Breath Beauty

November 15th & 16th Womb Loss

November 22nd & 23rd Mining Minerals

WINTER

November 29th & 30th Securing Surfaces

December 6th & 7th Skin & Bones

December 13th & 14th Glowing Glands

December 20th & 21st Glorious Globes