

MAT MOVEMENT SESSIONS 2024 (ROUND THE BODY IN 51 WEEKS)

WINTER

January 2nd & 3rd Spinal Songs
January 9th & 10th Renal Renewal
January 16th & 17th Braving Bones
January 23rd & 24th Cellular Celebration

January 30th & 31st Evoking Evolution
February 6th & 7th Sourcing Starfish
February 13th & 14th Spine Sensations
February 20th Harmonising Hormones

SPRING

February 27th & 28th Spring Awakening (Body Areas)
March 5th & 6th Lively Liver
March 12th & 13th Gracious Gall Bladder
March 19th & 20th Anchoring Axis
March 26th & 27th Honouring Horizons

April 2nd Side by Side (Bilateral)
April 9th & 10th Sincere Sinews
April 16th & 17th Joyous Joints
April 23rd & 24th Womb as Nest

April 30th & May 1st Easy Eyes & Forward Feet
May 7th & 8th Spring Clean (Detoxification)
May 14th & 15th Mutable Mesoderm
May 21st & 22nd Gathering Gall

SUMMER

May 28th Spring Meets Summer (Linking Vessels)
June 4th & 5th Shimmering Chakras
June 11th & 12th Blood Bliss
June 18th & 19th Hearty Heart

June 25th & 26th Insightful Intestine
July 2nd & 3rd Pericardium Protection
July 9th & 10th Blazing Burners (Torso Divisions)
July 16th & 17th Fabulous Fascia
July 23rd & 24th Melting Marrow

LATE SUMMER

July 30th & 31st Central Channel

August 6th & 7th Satisfying Stomach

August 13th & 14th Digestive Desires

August 20th & 21st Splendid Spleen

Aug 27th & 28th Loving Lymph

September 3rd & 4th Nurturing Navel

September 10th & 11th Marvellous Muscles

September 17th & 18th Grounding Gravity

September 24th & 25th Organic Organs

AUTUMN

October 1st & 2nd Lyrical Lungs

October 8th & 9th Integral Intestine

October 15th & 16th Engaging Ectoderm

October 22nd & 23rd Embracing Elimination

October 29th Valuing Voice

November 5th & 6th Breath Beauty

November 12th & 13th Womb Loss

November 19th & 20th Mining Minerals

WINTER

November 26th & 27th Securing Surfaces

December 3rd & 4th Skin & Bones

December 10th & 11th Glorious Globes

December 17th & 18th Glowing Glands