

## **MAT MOVEMENT SESSIONS 2025 (ROUND THE BODY IN 50 WEEKS)**

### **WINTER**

**January 7<sup>th</sup> & 8<sup>th</sup> Renal Renewal**  
**January 14<sup>th</sup> & 15<sup>th</sup> Braving Bones**  
**January 21<sup>st</sup> & 22<sup>nd</sup> Cellular Celebration**  
**January 28<sup>th</sup> & 29<sup>th</sup> Evoking Evolution**

**February 4<sup>th</sup> & 5<sup>th</sup> Sourcing Starfish**  
**February 11<sup>th</sup> & 12<sup>th</sup> Spine Sensations**  
**February 18<sup>th</sup> Harmonising Hormones**

### **SPRING**

**February 25<sup>th</sup> & 26<sup>th</sup> Spring Awakening (Body Areas)**  
**March 4<sup>th</sup> & 5<sup>th</sup> Lively Liver**  
**March 11<sup>th</sup> & 12<sup>th</sup> Gracious Gall Bladder**  
**March 18<sup>th</sup> & 19<sup>th</sup> Anchoring Axis**  
**March 25<sup>th</sup> & 26<sup>th</sup> Honouring Horizons**

**April 1<sup>st</sup> & 2<sup>nd</sup> Side by Side (Bilateral)**  
**April 8<sup>th</sup> & 9<sup>th</sup> Sincere Sinews**  
**April 15<sup>th</sup> Joyous Joints**  
**April 22<sup>nd</sup> & 23<sup>rd</sup> Womb as Nest**

**April 29<sup>th</sup> & 30<sup>th</sup> Easy Eyes & Forward Feet**  
**May 6<sup>th</sup> & 7<sup>th</sup> Spring Clean (Detoxification)**  
**May 13<sup>th</sup> & 14<sup>th</sup> Mutable Mesoderm**  
**May 20<sup>th</sup> & 21<sup>st</sup> Gathering Gall**

### **SUMMER**

**May 27<sup>th</sup> Spring Meets Summer (Linking Vessels)**  
**June 3<sup>rd</sup> & 4<sup>th</sup> Shimmering Chakras**  
**June 10<sup>th</sup> & 11<sup>th</sup> Blood Bliss**  
**June 17<sup>th</sup> & 18<sup>th</sup> Hearty Heart**

**June 24<sup>th</sup> & 25<sup>th</sup> Insightful Intestine**  
**July 1<sup>st</sup> & 2<sup>nd</sup> Pericardium Protection**  
**July 8<sup>th</sup> & 9<sup>th</sup> Blazing Burners (Torso Divisions)**  
**July 15<sup>th</sup> & 16<sup>th</sup> Fabulous Fascia**  
**July 22<sup>nd</sup> & 23<sup>rd</sup> Melting Marrow**

## **LATE SUMMER**

**July 29<sup>th</sup> & 30<sup>th</sup> Central Channel**

**August 5<sup>th</sup> & 6<sup>th</sup> Satisfying Stomach**

**August 12<sup>th</sup> & 13<sup>th</sup> Digestive Desires**

**August 19<sup>th</sup> & 20<sup>th</sup> Splendid Spleen**

**Aug 26<sup>th</sup> & 27<sup>th</sup> Loving Lymph**

**September 2<sup>nd</sup> & 3<sup>rd</sup> Nurturing Navel**

**September 9<sup>th</sup> & 10<sup>th</sup> Marvellous Muscles**

**September 16<sup>th</sup> & 17<sup>th</sup> Grounding Gravity**

**September 23<sup>rd</sup> & 24<sup>th</sup> Organic Organs**

## **AUTUMN**

**September 30<sup>th</sup> & October 1<sup>st</sup> Lyrical Lungs**

**October 7<sup>th</sup> & 8<sup>th</sup> Integral Intestine**

**October 14<sup>th</sup> & 15<sup>th</sup> Engaging Ectoderm**

**October 21<sup>st</sup> & 22<sup>nd</sup> Embracing Elimination**

**October 28<sup>th</sup> Valuing Voice**

**November 4<sup>th</sup> & 5<sup>th</sup> Breath Beauty**

**November 11<sup>th</sup> & 12<sup>th</sup> Womb Loss**

**November 18<sup>th</sup> & 19<sup>th</sup> Mining Minerals**

## **WINTER**

**November 25<sup>th</sup> & 26<sup>th</sup> Securing Surfaces**

**December 2<sup>nd</sup> & 3<sup>rd</sup> Skin & Bones**

**December 9<sup>th</sup> & 10<sup>th</sup> Glorious Globes**

**December 16<sup>th</sup> & 17<sup>th</sup> Glowing Glands**