

Fitness as one recovers with Laureen C.

4 question sheet for the clarity of the physical body work shop.

1. Are you comfortable in your physical skin?
Why or why not?
2. What physical movement do you do for yourself? If none, what is stopping you?
3. How has physical movement helped you in recovery?
4. What do you wish you were doing physically that you aren't doing because of fear?
5. 5 mins - Dance Party