

**6PM-7PM FRIDAYS
STARTING 24TH APRIL 2026**

**HOLDSPACE,
RISINGHILL ST,
N1 9SY**



MOVEMENT FOR WELLBEING

WITH ANDREW

**FREE, ALL ABILITIES, MOVEMENT CLASS AIMED AT
IMPROVING YOUR GENERAL SENSE OF WELLBEING.**

Great for managing stress, improving mobility, balance and feeling more vitality and presence in your body. No previous experience with movement is necessary and all ages abilities are welcome. Please wear comfortable clothes you can freely move in.

FREE to attend
Simply drop in or email Andrew
adkerton@gmail.com

Andrew Kerton is an artist, performer and qualified Body-Mind Centering® Somatic Movement Educator with over twenty years of diverse creative and professional experience.

