

SHERBORNE DEVELOPMENTAL MOVEMENT (SDM) TRAINING 2025



Sessions 1 & 2 Friday 3rd October
Sessions 3 & 4 Friday 10th October
(*certified SDM Beginner*)
Sessions 5 & 6 Friday 24th October
(*certified SDM Practitioner*)
At

**Solihull Retirement Village,
Village Hall, Shirley**

**Delivered by Amy Fowler your local
Internationally Qualified Course Leader**

**EARLY BIRD DISCOUNT IF BOOKED BY
14th JULY 2025**

Benefits of SDM

- Build and develop positive relationships and self-esteem
- Improve emotional and physical literacy
- Extend and improve communication and creativity
- Develop a feeling of being "at home" in your body
- Have fun!



amy.fowler@sherbornemovementuk.org



www.sherbornemovementuk.org