

SHERBORNE DEVELOPMENTAL MOVEMENT (SDM) TRAINING 2027



Sessions 1 & 2 Friday 15th January 2027
Sessions 3 & 4 Friday 5th February 2027
(*certified SDM Beginner*)

Sessions 5 & 6 Friday 5th March 2027
(*certified SDM Practitioner*)

At

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

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

**EARLY BIRD DISCOUNT - only £300
if booked by 23rd October 2026**

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!



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www.sherbornemovementuk.org