

## My story

I know what it means to hurt in your body.  
To feel terribly restricted and limited.  
To fear movement.  
To suffer the anxiety, mental anguish and retreat from life that so often accompany physical pain.

I also know how it feels to get better.

Yet that is just personal experience. What is more important is having an understanding of the mechanisms that drive pain, stress and trauma - and how to dial those down, and understanding how movement works. THAT is how I got better.

I can help YOU make sense of your pain, turn down the volume on it, develop resilience to it and pursue the things that give you joy. My number one goal is to empower you to help yourself.

Get in touch!

*Cheryl Xx*

### I can help you with:

Pain, tension, stiffness, sporting niggles, athletic tightness, posture, anxiety, stress, mobility issues, neck/shoulder/hip/back/knee and foot pain, trauma resilience, breathing issues, pelvic floor dysfunction; improving movement and co-ordination; improving sports and movement performance; returning to exercise; wellbeing and relaxation.



For details of courses and workshops, or to book an appointment contact me:

**Cheryl Lee**  
**07949 895170**

[info@mind-body-movement.co.uk](mailto:info@mind-body-movement.co.uk)  
[www.mind-body-movement.co.uk](http://www.mind-body-movement.co.uk)



See my blog, audios & videos here:



[www.mindbodyimprove.com](http://www.mindbodyimprove.com)

**Mind.  
Body.  
Movement!**



- Ease pain
- Move better
- Learn to relax
- Feel well
- Get back to activities you love

Pain & Movement Education  
Rehabilitation  
Functional Movement & Exercise  
Relaxation, Yoga, Mindfulness  
Courses -1:1- Workshops



## It's all about YOU

I support and guide you through a **process** of education, change and improvement to your functioning.

- The first step is listening to YOU and understanding your particular circumstances and situation.
- Then I help you feel better, so you can begin to develop trust in your body's ability to recover and improve.
- Finally I teach you skills that you can use for the rest of your life so you can continue to self-regulate, feel good, and get even better.

Sessions are 90 minutes long to give us adequate time - and there will be tasks and activities for you to do outside of our sessions.

## What my clients say:

*I wish I'd known about this earlier.*

*Delighted with both the simplicity and effectiveness.*

*I have been astonished by the results.*

*Over 2 years later, I am still seeing the benefits.*

*You have to put in the work but you will see the results.*

*6 weeks after my first session I have no pain.*

*I can honestly say within 2 weeks my body not only feels different but looks different.*

*In many months of exploring treatment options, no one has approached the process of healing with more helpful strategies.*

*I'm completely off my GP-prescribed painkillers and in 3 months have gone from constant pain and struggling to walk properly to returning to normal exercise.*

*A long term, life-changing experience.*

*Being given the tools to fix yourself is the greatest gift.*



## A unique set of skills

### Clinical Somatic Education

After a 3 year training with Martha Peterson, I graduated in December 2017 as a Clinical Somatic Educator. CSE is a highly effective intervention that addresses gait, whole-body patterns and habits of contraction, involving therapeutic touch, co-ordination & muscular re-education and movement coaching. Its basis is in neuroscience - everything done in a session targets the brain and nervous system for rapid, effective results. Feels great like therapy, but is **EDUCATION** to empower YOU for life.

### Pain and Nervous System Education

Knowledge is power. When you understand **WHY** you are hurting and feeling stress - what makes it better and what makes it worse - you are in a better position to recover. Science and evidence - based.

### A Cognitive Functional Approach

Addressing functional patterns, daily movement and the beliefs, fears, associated behaviours and lifestyle factors that make up each individual's experience of pain. Helping you make sense of your pain.

### Yoga, Relaxation and Mindfulness Skills

Mindfulness-Based Stress Reduction is well recognised for its efficacy in mediating pain, stress, depression and anxiety among other conditions. The benefits of yoga are also well-documented.

### Exercise

I want all my clients to be active and enjoy physical exercise. Among other skills I'm qualified in Pilates and Exercise Referral to create progressive rehabilitation programmes for back pain and other conditions.