



You are invited to

# The IMMERSE Yourself Retreat

IMMERSE, MEDITATION, MOVEMENT, EXPERIENTIAL, RESILIENCE, SENSORY, ENQUIRY

Take time and **IMMERSE** yourself, whatever your role

The retreat is open to **all staff across the Black Country ICS** with no previous experience of mindfulness or minimum fitness level.

## What is IMMERSE?

**I**mmerse – bring awareness fully to each moment

**M**editation – participate in a variety of meditation practices

**M**ovement – bring awareness to the physical self through mindful movement

**E**xperiential – experience moments non-judgmentally and compassionately

**R**esilience – mindfulness boosts the immune system & calms the stress response

**S**ensory – see, hear and taste with awareness rather than on automatic pilot

**E**nquiry – reflect on your experience, of mind, body, feelings and thoughts



### MS Teams

Friday 27th January  
1:30pm - 4:00pm

sign up to the session [HERE](#)



**Further sessions will be available on the following dates:**

Friday 28th April 2023

Friday 7th July 2023

**For more information, please email:**

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