SVã flo

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Senior Wellbeing

Movement, art, sound and good company, in sessions shaped around each person's body, energy and pace.

FOR	Older adults, their families, residents' groups, senior citizens' clubs and care homes
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"The body may age, but the need to move, create, connect, play and experience joy never grows old."

ANGIRA – FOUNDER, SVã flo

THE REALITY

Ageing changes more than the body. Mobility, balance and memory may need more support, and everyday tasks can take more effort.

Many older adults also live with loneliness, isolation and fewer chances to create and connect.

AN INTEGRATIVE APPROACH

Ageing well, for the whole person.

SVã flo brings movement, creativity, sound and human connection together, for physical, cognitive, emotional and social wellbeing.

Every session is adapted to mobility, energy, physical limits and memory. Everyone takes part at their own pace, in a space that is safe, inclusive and welcoming.

Because ageing well is also about keeping a sense of agency, joy, self-expression, connection and meaning in everyday life.

TOGETHER

There is a sense of belonging in moving together.

Loneliness and isolation are real concerns in later life, and they wear down mood and wellbeing. A place to meet, make and take part together can make a meaningful difference.

Picture a group dancing, painting, sitting in a drum circle, or simply laughing through a movement. There is companionship in creating together, and joy in finding you can still learn something new. Group sessions open the way to friendships, encouragement and shared memories.

THREE WAYS IN

Movement, art and sound.

Each practice works on the body, the mind and the mood at once.

Movement and Dance Movement Therapy	Gentle, guided movement and therapeutic dance support mobility, flexibility, coordination, balance and posture. Yoga, Pilates and strength training each have their place; Dance Movement Therapy adds music, rhythm, memory, emotional expression and play. Learning and recalling sequences keeps the mind working, and research on dance suggests potential benefits for memory and brain plasticity. Above all, it becomes something to look forward to.
Art Therapy	Drawing, colouring, painting and clay keep the hands working: fine motor skills, hand-eye coordination and concentration. No artistic ability is needed. Making art brings back memories, gives shape to feelings that are hard to put into words, and brings colour and a sense of achievement into the day.
Sound and rhythm	Listening, humming, singing, gentle vocalisation, rhythm and simple instruments offer calm, release and quiet. Familiar melodies bring memories back, and making music together builds attention, recall and connection. Especially helpful for anxiety, restlessness or emotional fatigue.

Bring this to someone you care for.

A parent, a residents' group, a senior citizens' club or a care home. Tell me who it is for, and I will shape the sessions around them.

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