

Harmony & Balance

Harmony & Balance sessions are available for Powys County Council Social Care colleagues, unpaid carers and third sector colleagues. These sessions have no charge and are virtually delivered via Teams.

Nikki Thomas-Roberts, from Phoenix Mindful Living will guide you during your three hour session through an introduction to self-care and self-compassion. Utilising tools, resources and learning skills of compassion based mindfulness with the aim of “restoring balance and harmony and living with more ease”.

All group sessions will be run from 1.30-4.30pm, on the following dates: February 7th, 21st, March 7th, 14th, 21st, 28th, April 9th, 30th and May 7th, 14th.

There are one-to-one sessions available, these cover the same topics over one-and-a-half hours and can be delivered via teams or phone call.

[Please click here to apply for a session](#)

Or email powys.od@wales.nhs.uk

[For more information on Harmony & Balance click here.](#)



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