

MOVE WITH DEEP FLOW

factory
international

Celebrate the power of togetherness

Factory International invites you to come and unwind with **Deep Flow**; in a series of nine free sessions taking inspiration from the ancient Chinese practices of Tai Chi and Qi Gong.

The weekly Deep Flow group sessions start in September and are open to all, regardless of ability – with everyone’s contribution valued and celebrated. After collaborating and developing movements within the nine sessions, you’ll get the chance to join four other groups from across Greater Manchester to present a combined piece as part of **The Welcome***, which takes place later this year.

The aim is to focus on using movement to improve health and wellbeing, promoting a feeling of calmness in the mind and body.

Company Chameleon – a Manchester-based dance company – will be guiding you to move in a way that doesn’t need any previous skills or experience; and can be adapted to whatever feels most comfortable to you.

If you have any questions, please call us on **07562 663 858** or email us **deepflow@factoryinternational.org**

SIGN UP HERE

<https://tinyurl.com/4darrj3k>

* **The Welcome** is a series of events and performances created by Factory Assembly – a group of 22 Greater Manchester residents – which runs from 11-19 November 2023 at Aviva Studios.