



Bubble Therapy & Whirligig Wind-down

Instructor:

Dr. Bubbly Fizzlesworth

Location:

York

Course Type:

Wellness

Cost:

£95.00

Learning Objectives

- Understand the therapeutic benefits of bubbles for stress relief
- Learn techniques for creating giant and long-lasting bubbles
- Master the art of bubble choreography with whirligigs
- Explore mindfulness through bubble-focused meditation
- Develop a personal bubble-themed relaxation routine

Provided Materials

- Giant bubble wands
- Special bubble solution
- Decorative whirligigs
- Bubble-themed mindfulness journal
- Bubble blower kit

Skills Developed

Stress Relief

Mindfulness

Creativity

Relaxation Techniques

Self-Care

Course Description

Join us in the heart of York for 'Bubble Therapy & Whirligig Wind-down,' a delightfully effervescent class designed to melt away stress and rekindle your playful spirit. Led by the whimsical Dr. Bubbly Fizzlesworth, this session promises a journey into the tranquil yet bubbly realm of therapeutic bubble play. Participants will first delve into the art of crafting giant, mesmerizing bubbles using special wands and solution—a skill that combines physics with fun. You'll learn to create bubbles so large and resilient, they float gracefully across the sky. The class moves onto an exploration of bubble choreography, where bubbles and whirligigs dance in harmony. This unique practice merges mindfulness techniques with playful creativity, teaching you to choreograph intricate patterns that soothe the mind and uplift the spirit. Following the bubbly ballet, Dr. Fizzlesworth will guide you through a bubble-focused meditation, encouraging you to clear your mind as you watch bubbles drift and pop, finding peace in their ephemeral nature. Finally, students will craft personal, bubble-themed relaxation routines, integrating newfound skills into daily life to ensure joy continues to effervesce beyond the classroom. All materials, including a bubble blower kit and a mindfulness journal, are provided, ensuring you leave equipped to infuse a little whimsy into your wellness routine at home.

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For more information, visit our imaginary website or contact our fictional admissions office.