



Tripudio – to move with joy

**Movement is one of the best tools for keeping
the lymphatic system healthy.**

5 Week Programme

Wednesdays at 10.30am

Contact us for next dates

Week 1 – ‘The Flow’ introduction – warm-up and cool down – 30 mins

Weeks 2-4 - Full class – The Flow + short exercise segments – 60 mins

Location

The Cancer Support Centre, Lindridge Road, Sutton Coldfield B75 6JB

Booking your place

Contact - The Cancer Support Centre - Tel: 0121 0300 012 0245

The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

What is Tripudio?

The lymphatic '**Flow**' element of Tripudio was designed following recent studies on exercise and the lymphatic system and translates Manual Lymphatic Drainage (MLD) principles into movement. It is a form of exercise that is gentle to avoid fatigue and overexertion of the venous system.

Creating a fun, effective but gentle workout which helps relieve tension, regain mobility, balance, manage lymphoedema & lipoedema symptoms, detox, improve circulation and support the immune system.

Always check with your medical doctor before undertaking an exercise programme.

- Suitable for all ages and fitness levels
- You work within your own ability – any small movement is good
- Take part standing or seated
- Wear comfortable clothing and ideally flat rubber soled shoes
- The 'Flow' routine once learned can be carried out at home to the music you enjoy, and takes 10 minutes to perform
- Short water break included – bring a bottle of water to keep hydrated

A warm welcome awaits...



Simply Holistic Therapies

"Listen to your body and it will tell you what you need to know"

