

INVITATION TO BREATHE ✨

One-Day Body Breath Mind™ Event

Discover simple, evidence-based breathing and movement practices designed to support your wellbeing, increase resilience, and create calm alertness.

For interested healthcare professionals

-  **Date:** Friday 20th November
-  **Time:** 9:00–16:00
-  **Venue:** Núvitundarsetið, Borgartúni 20, 3rd floor
-  **Cost:** 42.500 kr.
-  **Level:** Suitable for all healthcare professionals

What You'll Experience

- Gentle Breath-Body-Mind™ practices to support physical and mental wellbeing
- A calm, supportive space to try techniques used worldwide to reduce stress
- Practices suitable for all abilities — can be done sitting, standing, or lying

Why Attend?

- This session offers an opportunity to explore accessible, research-supported [Body Breath Mind \(BBM\)](#) techniques developed by Dr. Patricia Gerbarg and Dr. Richard Brown, used internationally to relieve stress, anxiety, and trauma.

What's Involved

You'll be invited to:

- Take part in guided breathing and gentle movement practices
- Share brief reflections on how you felt during the session
- Contribute to a supportive learning process while maintaining full confidentiality
- No personal data will be recorded — only reflections on the delivery of the session.

Who Is Inviting You

- Dr. Wendy Wood
Psychotherapist | Lecturer | Researcher | BBM Level 1 instructor
With over 30 years of experience in psychotherapy as a practitioner and trainer

Practical Details

- Wear comfortable clothing
- Have a blanket or cushion available
- If you wish to lie down, bring a yoga mat or similar



 Dr Wendy Wood MBACP FHEA

Wendy has many years of experience working in mental health in England. She worked as a mental health nurse, working in both hospital and community settings, including elderly care, day hospital rehabilitation settings and drug and alcohol community support.

Wendy moved on to work as an assistant psychologist, developing counselling in primary care.

She then moved into an academic role developing a wide range of academic courses for 20 years, including both undergraduate and postgraduate courses in counselling and psychotherapy.

For ten years, Wendy contributed to the development and course leadership of the Postgraduate Certificate in Compassion Focused Therapy, the world's first academic course in CFT. She continues to provide training, therapy, and clinical supervision in CFT and CMT.

Wendy retired from the University of Derby in 2017 to focus on her PhD and other projects, including Compassion in Schools research. She has completed her PhD, which focused on the experiences of counsellors and psychotherapists who apply the principles and practices of CMT in their personal and professional lives.

Wendy now works for the Compassionate Mind Foundation as Programme Leader/Training Advisor and contributes to research in CFT/CMT, as well as working as an Associate Lecturer at the University of Derby and in private practice as a therapist and supervisor.