



Social Art
and
Therapy

Individual and Group **Therapeutic Climbing** **with Lee Anna Simmons** at indoor climbing gyms across London, based in Woolwich, Greenwich (SE18)

Therapeutic climbing can be enjoyed as individuals or in a group; to let off steam, build confidence, focus and give time to the psychological and environmental aspects of climbing. The warm up and cool down always has a place, as does discussion for learning climbing technique, safety, building physical and emotional strength and flexibility

Climbing sessions are with Lee Anna Simmons, climbing instructor and trauma therapist. Lee is a Mountain Training Association Climbing Instructor (reg 255531) and Health Professions Council therapist (ASI4187). Do get in touch with any questions.

Email: lee@socialarttherapy.com / Phone: +44(0)770 421 9009

Website: socialarttherapy.com/climbing

