

Stressed Out Feeling Lonely Join Our London Meetup for Relief



Location **London, London**
<https://www.freeadsz.co.uk/x-568786-z>



Are you stressed out in London and need to relax? Is Loneliness affecting you?

You may have busy a career/lifestyle and are likely to suffer from stress as a result. Stress affects everyone more or less and the question is how well you can handle it.

We are London Stress Relief and Social, a meetup group dedicated to making life as stress-free as possible.

Our mindful walk in Regent's Park uses some mindfulness-based relaxation techniques. Our pace is gentle to help our members reconnect with their inner self and live in the present moment.

There are also relaxing walks in other parks in London already on or planned: Battersea, Greenwich, Crystal Palace, Dulwich...

The mood is supportive and non-judgmental. Our members are encouraged to share their view and are listened to.

There are also pub nights with live music to chill out and socialise.

Join the Meetup group London Stress Relief and Social today
<https://www.meetup.com/London-Stress-Relief-and-Social>

About the Organiser:

Beatrice is a qualified and experienced Life Coach specialised in Stress Management coaching. If you are near burnout and your career/business and relationships are at stake, she can help you get back on track with the proven 7 Week - from STRESSED to SUCCESS - coaching program. This coaching program is 1-1, face to face in Central London or via Skype phone calls and email. It aims at getting to the roots of your stress and it empowers you to find healthy coping strategies and take control. Your privacy



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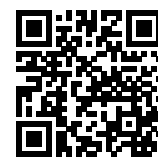
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is respected and any personal information remains confidential. Contact Beatrice to book your 45-min complimentary session.
www.beatricesetze