

Anxiety amp Stress class (10 GBP)




Anxiety & Stress Workshop

We will help you to relax by teaching you simple easy to understand stress and anxiety reduction tools.

- Enjoy a guided visualisation (light hypnotic rest).
- Learn how to achieve deep relaxed breathing and reach a peaceful powerful inner calm.
- Understand mindfulness to use in your everyday life
- Discover and learn easy to understand stress and anxiety reduction techniques.

Class participants will be eligible for a 10% reduction on any subsequent treatments with Wellbeing Therapies free parking and easy access

Thursdays 6.00pm-8.00pm

21st July
28th July
4th August
18th August
1st September
15th September
22nd October

Sundays 11.00am- 1.00pm

31st July
7th August
21st August
18th September
2nd October

Text 07795 470838 or Email help@gbhypno.com to book your place.

Booking Essential please £20.00



Location

Yorkshire and the Humber, North Humberside

<https://www.freeadsz.co.uk/x-387297-z>

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Understand mindfulness to use in your everyday life

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