

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>

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

Booking Essential please £20



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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



Anxiety amp Stress class

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