

# Reduce stress and find your emotional balance with our holistic wellness group




## Time out Tuesday Find your emotional balance

*Overwhelmed? Need a break? Reduce stress & anxiety and find your emotional balance with our weekly holistic wellness group. Learn how to let go of stress & worries and recharge your batteries. Our first meeting is on 6th September. We'll then meet every Tuesday. BOOK YOUR PLACE NOW!*

**We'll focus on**

- guided visualisations
- EFT tapping
- mindfulness
- gratitude
- self-care
- positive attitude
- breathing techniques

Every Tuesday from September 2016, 6.30-7.30pm, £10 per person  
Limited availability. BOOK NOW!  
Sandy is a fully qualified Psychotherapist and Advanced EFT Practitioner.

**Call: 01273 696295**  
**Text: 07951024580**  
**email: sandyinbrighton@gmail.com**  
**Facebook: Sandy Eft**

[www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/](http://www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/)

Location: Holistic Health Clinic Brighton  
53 Beaconsfield Rd, Preston Circus, Brighton, BN1 4QH

Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-428084-z>

Overwhelmed? Need a break? Reduce stress and find your emotional balance with our holistic wellness group. Tuesdays 6.30-7.30pm at the Holistic Health Clinic Brighton. £10 per person Learn how to let go of stress and worries and recharge your batteries. We'll focus on guided visualisations, EFT tapping, mindfulness, gratitude, self-care, positive attitude and breathing techniques. This weekly group meeting is for anyone who aims for more balance in their life. Everyone welcome. No previous knowledge or experience.



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