

# Time Out Tuesday Find your emotional balance





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**Time out Tuesday**  
**Find your emotional balance**

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*Need some 'me time'? Take the time to look after yourself! Reduce stress & anxiety and find your emotional balance with our holistic wellness group.*

*Let go of worries, regain calmness and recharge your batteries in a relaxed and fun way.*

**We'll focus on**

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

Tuesday 8th November 2016, 6.30-7.30pm, £10 per person  
Sandy is a fully qualified Psychotherapist and Advanced EFT Practitioner.

**For more information call/text 07951024580**  
**email: [sandyinbrighton@gmail.com](mailto:sandyinbrighton@gmail.com)**  
[www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/](http://www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/)

**Join us to find healing & balance, feel empowered, peaceful and relaxed.**

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

Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-460497-z>

Need some 'me time'? Feeling out of balance?

Take the time to look after yourself! Reduce stress and anxiety and find your emotional balance with our holistic wellness group. Let go of worries, regain calmness and recharge your batteries. We'll focus on mindfulness, visualisations, gratitude, breathing, positivity, etc. Holistic Health Clinic Brighton, near Preston Park. £10 per person Join us to find healing & balance, feel empowered, peaceful and.



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