## **Time Out Tuesday Find your emotional balance**



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

Need some 'me time'? Take the time to look after yourself! Reduce stress & anxiety and find holistic wellness group.

relaxed and fun way.

We'll focus on

- guided visualisations

- Let do of worries regain calmness and recharge your batteries in a

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

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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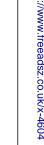
















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