

# Reduce stress amp anxiety 2 hr Workshop on 250317



**Reduce stress & anxiety  
Increase your wellbeing**

**2 hr workshop on 25/03 in Brighton**  
Find out how to stop panic attacks, constant worries & over-analysing. Learn tools & techniques to let go of stress to improve your health & increase your wellbeing. Find calmness, emotional balance and regain your energy & strength.

**Workshop content:**  
Why do we get stressed  
The body-mind connection  
Techniques to reduce anxiety  
How to stop panic attacks  
How to relax body and mind  
Daily routines to increase wellbeing and find balance.

**Saturday, 25th March 2017 11am-1pm.**  
Limited availability. BOOK NOW! £20 per person  
Sandy is a fully qualified, experienced Holistic Health Practitioner & trainer. 1-2-1 sessions are also available.

**Tel 07951024580**  
**email: Sandy@bodymindhealing.co.uk**  
**Facebook: SandyBodymindhealing**  
[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-502242-z>

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