## 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,

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



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. Saturday, 25th March 2017 11am-1pm, £20 per person

Holistic Health Clinic, Brighton near Preston Circus BN1 4QH;

