

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>

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