

Relaxing Meditation Classes (6 GBP)

"Open your eyes,
look within. Are
you satisfied with
the life you're
living?" ~Bob Marley



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-548425-z>

Come along and enjoy a relaxing hour in a warm comfortable and friendly atmosphere. Have a little YOU time and learn how to relax and help your busy thoughts to settle into peace and quiet.

It has long been recognised the huge benefits of learning to simply relax. These benefits to name but a few include;

- Lowering blood pressure
- Lowering anxiety, stress, tension and irritability, PMT
- Helps with sleep patterns
- Very quickly promotes a feeling of wellbeing and concentration
- Feeling you control life and not life controlling you

We all go through times of stress and busy lifestyle periods and by learning how to allow our minds to settle and our bodies to properly relax we straight away can gain a whole new mindset and healthier coping strategies.

No experience is needed and there is never an age limit to simply let yourself relax and enjoy life to the full. The wonderful group age at the moment ranges from 19-71 as example.

Comfortable chairs are provided, refreshments and toilet facilities. No special clothing is ever required just be yourself and be comfortable. No need to book an appointment simply pop in and feel very welcome indeed. Invite a friend along who also may wish to enjoy the session

Your first session is only £3.00 by quoting Friday Add.

So lets move forward into the Autumn by feeling your best and enjoying your life to the full.

I also provide various and interesting workshops held over the year covering topics such as:

Women's Strengths and how to achieve them

Those who have a more relaxed based past life
 for those who wish to clear mental problems from the past and move on to the
 future world quickly and with new inner strength

Extra details are on my website at: www.freeorpastlife.co.uk

Or if you would like to chat telephone 01934-631131
 I look forward to meeting you soon.



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