

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 ;

<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>	<p>https://www.freeadsz.co.uk/x-502242-z</p> <p>Reduce stress amp anxiety 2 hr Workshop on 250317</p>