



## DECOMPRESS & LET GO! SMALL GROUP SESSIONS (50 minutes)

The past year has been challenging for everyone. For some of us, this has impacted our mental and physical health significantly. You may have experienced increased stress and overwhelm or even burnout and trauma. It can be so powerful to be in a group so that you know you are not alone in how you feel.

These small group sessions provide a safe and supportive space for individuals to release stressful feelings and to heal from the past year. Highly relaxing and therapeutic, this group space is suitable for anyone wanting to let go of stress and painful emotions, and to learn techniques for calming the body and mind. Each session will include:

- Breathing techniques to reduce stress and calm the nervous system
- Energetic healing for the body and mind (personalised to each group)
- Guided meditation to induce deep release and relaxation

Join us for as many of these sessions as you need so that you can return to calm and clarity, by releasing fatigue and stress. All sessions are completely confidential.

Up to 10 delegates per session

DATE	TIME	Webinar zoom links
Tuesday 29 <sup>th</sup> June	11am	<a href="https://www.eventbrite.co.uk/e/154717396899">https://www.eventbrite.co.uk/e/154717396899</a>
Wednesday 21 <sup>st</sup> July	12pm	<a href="https://www.eventbrite.co.uk/e/154721473091">https://www.eventbrite.co.uk/e/154721473091</a>
Thursday 26 <sup>th</sup> August	12pm	<a href="https://www.eventbrite.co.uk/e/154722285521">https://www.eventbrite.co.uk/e/154722285521</a>