

****NEW FOR THIS SUMMER****

Tired? Stressed? Low mood?

Overwhelmed with life?

**ALWAYS CARE FOR EVERYONE ELSE
BUT YOU ?**

**JOIN ME FOR MY 4 WEEK MINDFULNESS & SELF-CARE SESSIONS
AT- THE DOWERHOUSE BERKHAMSTED**

**ON- THURSDAY EVENINGS IN MAY
FROM 2ND- 23RD MAY FROM 7.30- 9.00PM**

OR

**MONDAY EVENINGS IN JUNE
FROM 3RD - 24TH JUNE FROM 7.30- 9.00PM**

**THIS IS PROTECTED TIME FOR YOU TO BE NURTURED &
RE-CONNECT WITH YOUR BODY , MIND AND INNERSELF**

Re-discover what you feel, need and want more of in your life.

**Learn practical self-care tips, including mindful breathwork
to introduce 'little wins' to care more for you.**

**12/14 who attended my Taster session
booked on for my 4 week workshops**

This is what they said ...

'I didn't realise just how much I need self help and to make time for me- thank you'

'loved the way you gently led the group - it felt safe'

'Loved the breath work and being able to take time to stop,pause and recognise that 'the mask' I wear only helps for a bit before it all becomes too exhausting.'

SESSION COSTS £25 (4 WEEKS = £100)

INCLUDES REFRESHMENTS

LIMITED PLACES AVAILABLE SO BOOK NOW-WHY NOT BRING A FRIEND ALONG TOO

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