

INTRODUCTION to *Relaxation*

Abdominal & Other Breathing Exercises
Progressive Muscle Relaxation
Guided Imagery | Visualisations | Meditation

Friday 25th October, 9.30am-2.30pm

Relaxation

*is a way to calm
your mind and body*

*Learning relaxation techniques
helps to manage stress and anxiety*

*Relaxation techniques benefit
both psychological and physical health*



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 Nyeshia Ellis - Psychologist

Relaxation Program

When Friday 25th October, 9.30am-2.30pm

Where Ballina Surf Club, 65 Lighthouse Parade, East Ballina

Cost \$175 early bird (until 27/09/19), \$195 non-early bird
(Medicare and Health Fund Rebates may apply)

Register by Phone **0419 565 980** before Friday 11th October