

just  
relax\*

Come and join our relaxation  
sessions for busy adults

# Why?

Because you  
deserve it

Life can be both a mixture of challenge & beauty, a constant juggling act for most but how many of us are truly mindful of our own needs & continually try to function on an 'empty tank' attempting to be there for everyone?

## Would you like to:

- Take time out for yourself?
- Treat yourself to some inner calm?
- Feel stress & anxiety melt away?
- Be in a space where you can just 'be' rather than 'do'
- Pick up tips to calm the family?

**WELL YOU CAN!!!**

Relax

For more information:

It's a healthy choice

