

RELAXATION

-Are you feeling tired?

-Stressed?

-Do you never seem to have enough time and energy to complete daily chores?

Learn valuable techniques that will help you deal more elegantly with life's ups and downs.

MONDAY - 6PM

**Commencing Monday 3rd March
(24 Sampson Dr, Mt Wav. Studio)**

WEDNESDAY - 12NOON

**Commencing Wednesday 5th March
(554 High Street Rd. Studio)
12noon**

**RELEASE AND LET GO OF STRESS AND
GAIN MORE TIME AND ENERGY FOR
YOUR BUSY WEEK**

Bookings: 9803 3494.