



**Complete Balance**

Holistic Therapies with Helen Mawson

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# **The Bowen Technique Free Taster Sessions**

**Thurs 9 September, 10am - 12.30pm  
Ludlow Leisure Centre**

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## **Ideal for:**

Back problems & pain

Sports injuries

Structural problems

Sciatica

Neck & shoulder problems

Hip, knee, ankle & foot problems

Arthritic pain

Digestive disturbances

Migraines & headaches

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**Pop in for your free taster or for more information contact;**

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