



**NEW!**

# **Wellness Workshop**

**Sat 21 June, 10am-2pm**  
**Friends Meeting House, Ludlow**  
**£25 inc; refreshments & manual**

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**You will learn how to;**

**Reduce stress**  
**Feel positive**  
**Balance your nervous system**  
**Clear tension headaches**  
**Reduce digestive tension**  
**Boost your immune system**  
**Think clearly**  
**And much more!.....**

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**In the workshop I will show you simple yet effective  
holistic & therapeutic techniques that you can use  
daily to enhance your health and well-being.**

**For more information or to book your place contact:**

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**Please pick up my leaflet “Complete Balance” for more information  
on the therapies I practice and teach**