

Mindfulness, Breathing and Relaxation

With Liz Reed



Discover how simple movements, breathing and relaxation techniques can help to relieve stress and tension, balance your mental, physical and emotional bodies, and give you more energy to enhance your daily life. 6 week course.



Venue: *Minnawarra House, 24 Numulgi St, Armadale*

Date: *7th August - 12th September*

Time: *Wednesdays, 6-7pm & Thursdays 1.30-2.30pm*

Cost: *\$10/wk or \$50/course (Wed), Free (Thu)*