

# Masterclass: Breath & Relaxation

Sunday July 2nd

With Natalie

First Sunday of each Month at 6.30pm

A whole hour just for you... learn the art of deep relaxation.

A practice of just "being" that enables you to connect to the body and the deeper levels of you with a still mind and soft breath. A skill that deepens with consistent practice and begins to transform your whole way of being even when you are not on the mat.

Drop out of the busy mind, connect to your felt sense and discover the peaceful, heartfelt you that resides under the doing of life.

We will explore the breath, mindfulness, visualisation, meditation, body sensing, progressive relaxation, tension release and a variety of other forms to engage the relaxation response and enter a spacious stillness.

This class is profoundly useful for all and of great benefit to those searching for relief from insomnia, busy mind, anxiety, depression, chronic fatigue, ME, Fibromyalgia, stress, physical pain and more.

If you have any questions please call or message me, I would be happy to chat.

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