

FREEDOM FROM ANXIETY STRESS AND DEPRESSION



Workshop For Young People (12-18+years)

Are you feeling Anxious, Worried,
Stressed, Emotional, Overwhelmed,
having trouble Concentrating, Relaxing or
Sleeping with no Energy then....

This Workshop is for You



We will learn specific **Yoga, Breathing, Meditation, Mindfulness**
Relaxation and **Emotional freedom tapping** techniques
That will restore your **Inner Calm**, your **Focus** and **Concentration**,
your **Energy** levels and help you to **Understand** and **Change** the
negative thought patterns and behaviours.
So you return to the **Happy Balanced Fun loving**
Person you were meant to be....

Saturday 9th February 2019
9am-12.30pm
Oddfellows Hall, Main Rd, Saltney
Chester CH4 8SG



£35 per young person
£25 for any accompanying parent
Refreshments provided
Numbers are limited, booking required

To book or any queries
contact Teresa Keast
teresa@teresa4yoga.co.uk
07876254518



I have taught Yoga and Meditation for 15 years. I am a Registered, Insured,
Qualified Yoga teacher, DBS checked, first aid qualified with Degree's in Physical
Education and Nutrition, 30+ years experience working in Stress Management, and a
single mum of four children. If you can't make the workshop, private one to one
consultations are available, give me a call.

www.teresa4yoga.co.uk