



How to Become a Peaceful Person

Do you feel **Calm and Peaceful** most of the time or...
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 **Gentle Yoga,**
Breathing, Meditation, Mindfulness,
Relaxation and Emotional freedom
tapping techniques



You come to **Understand** and **Change** your negative thought patterns
and behaviours so as to restore your **Inner Calm,** your **Focus** and
Concentration, your **Energy** levels and
Restore you to the **Happy Balanced Peaceful Person**
you are meant to be...

Saturday 22nd June 2019
1-5pm

Oddfellows Hall, Main Rd,
Saltney, Chester, CH4 8SG

£40, Refreshments provided

to book contact **Teresa Keast**
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