

Relaxation



Presented by Jen Binney All About Attitude

Take care of your body – it's the only one you have.
It needs to last a lifetime.
Worth investing in - I think so!

When it comes to your health YOU are the expert

- To stay healthy take some time out, to refresh and focus on your own well being.

The possibilities are endless

- We just need to create space to relax.
- Self care needs to be nurtured like we nurture relationships with others.

The workshop is practical and can be tailored to fit you.
Different things work for different people.

Possibilities include:



- ★ Breathing
- ★ Relaxation activities
- ★ Creating / keeping positive patterns
- ★ Humour and fun
- ★ Everyday activities - breathing, posture, balance, relaxation
- ★ Inspirational stories
- ★ Recharging - what works for you

When we start to manage ourselves better many other things seem to improve.
To sustain yourself in this busy world it's worth looking after you.

You know your team – small groups or teams - talk to Jen.

Yes, it takes a little time and effort – but it's worth it!

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