

A Very Special Invitation Just For You... Please come and attend a FREE Wellbeing4Life group session on **Thursday 19th November at 6.30p.m.** where we can 'chill-out' together and you will enjoy a sample of the following:-

Wellbeing4Life Group Session

Joyfully Discovering Optimum Health & Wellness

Duration 1 ½ – 2 Hours



- ✚ Welcome and Introduction
- ✚ Stress Offload and Tension Release (this is done in silence and remains private) – written down/drawn and posted in dedicated box or ceremoniously burned if the environment allows
- ✚ Shared Positive Experiences
- ✚ Visualisation Led Meditation
- ✚ Each person completes their own '8 Elements of Freedom Wheel'
- ✚ Inspirational Talk on one of the 8 Elements:- 15 mins

8 Elements:

- Nutritional Health
- Finances
- Emotional Health
- Environment
- Lifestyle and Pace
- Relationships
- Movement and Fitness
- Life Purpose / Career

Additional Topics Covered:

- Nutrition
- Mind/Body Connection
- Mind Matters
- You Can Heal Your Life
- Conscious Breathing
- Thyroid and Adrenals
- Mindfulness
- Fun and Recreation

Optional Comfort Break and Refreshments

- ✚ Creative Space – Practicing Mindfulness being present with all 6 senses
- ✚ Opportunity for Group Discussion – Wellbeing Oracle Cards for unique guidance and entertainment
- ✚ Gentle Stretching and Breathing Exercise
- ✚ Affirmation and Wellbeing Exercise to take away

