

Stress management

When you're simply too busy to manage your stress.

Saturday October 15

2pm – 4.30pm

Fremantle

Facilitated by

Rachael Claire West

(B. Engineering and Diplôme Universitaire Education Yoguique)

Drawing on yoga, mindfulness and a range of physical and creative practices, this practical workshop will give you an experiential understanding of easy-to-apply techniques for managing stress before it takes hold.

About the workshop

This workshop is based on research Rachael conducted in France into self-enacted wellbeing. When we are under stress, our natural tendency isn't to do those things that will alleviate the stress. Instead we reach for a coffee, work harder, miss yoga or sports class and over-think the problem.

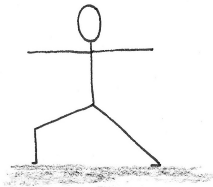
Experience and learn a plethora of creative and simple methods to instantly change the way you experience, respond to and understand your stress. You can implement them at work, in the train or even while you're playing with your kids.

Leave armed with a mini-workbook filled with tools to draw on when you are so busy you can't imagine how to possibly make time to manage your stress, and a free copy of *Like totally Zen – meditation, for people who don't meditate*.

Stepping Into – wellbeing, possibility and expression
www.whatmybodywants.wordpress.com

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Unit 9, 27-35 William Street, Fremantle

Early bird price for bookings before October 5: \$112

Normal price: \$145

Numbers limited to 8.

Included in the price are afternoon tea, your free workbook and a copy of *Like Totally Zen*.

For more information, please contact Rachael on 0450 393 336 or visit www.whatmybodywants.wordpress.com.