

Relaxation & Mindfulness Strategies

For Anxiety, Grief and Emotional Regulation

Thursday 31st August 2017 at 7pm

The Patch Primary School Library

53 Kallista-Emerald Road, The Patch

We invite you to attend an engaging, skills-focused evening presented by Luella Cochrane. This workshop offers a range of holistic, evidence-based practices that acknowledge, support and empower both adults and children to maintain their wellbeing through challenging circumstances.

You will learn about:

- The value of emotions and what each of the primary emotions can teach us
- Times of trauma and crisis as opportunities for deep connection, presence and radical acceptance
- Practical tools utilising the wisdom of the body to support the functioning of the mind
- A blueprint for wellbeing that can be adapted for individual circumstances

You will leave with a greater appreciation of the mind/ body connection, increased confidence in the skills and resources you already have and new strategies to add to your resilience toolkit.



Luella is a global Speaker, Consultant, Trainer and Advocate with a huge love of bubbles. She has worked in the health industry for nearly 20yrs as a Kinesiologist, Health and Education Consultant, Course Writer and Lecturer. On a mission to improve the health and wellbeing of as many people as possible, Luella thrives on weaving together scientific research, personal experience, case studies and compassionate curiosity to create integrated solutions to every day challenges.

To register for this FREE workshop, please click on the trybooking link below:

<https://www.trybooking.com/303301>