



A holistic class like no other, each step regulates your nervous system, helping you break out of constant stress for physical, mental and emotional balance

# Nervous System Reset, Restore & Regulate

Following the 7 steps of “Just Relax”, classes include **Movement, Yoga, Self-massage/ Spinal Flow, Reiki, Breathwork & Meditation.**

We also clear that which can deplete your life force energy-your **mind.**

**DATE:** Thursdays 2-3:30pm

**VENUE:** Blackheath Complementary Health Centre

**CONTACT:** Vanita on 07885 735 477 or [flowessenceholistic@outlook.com](mailto:flowessenceholistic@outlook.com) for class dates

**SOCIAL MEDIA:** @flowessenceholistic

**Investment: £39**

