

## Stressbuster Course

**Fridays:** 12.05pm to 1.00pm  
**2008 Start Dates:** 1 February  
02 May  
18 July

Stressbuster sessions begin with 25 minutes of relaxing, opening yoga and breathing exercises. Slow down the body, soften and deepen your breath, and let go of your thoughts.

Next we scan through the body, tuning into each part, connecting with the sensations and relaxing them thoroughly. Visualisation follows – we remember scenarios where specific emotions arose, then alternative scenarios when opposite emotions occurred. Stepping between *feeling* the emotions and being outside the emotions *observing* them.

Establishing the experience for you that you are truly connected to that deep core within you that is able to remain calm, free and always knows the best action to take in any situation.

Lying down during this body scan and visualisation, you are comfortable and completely relaxed. Daily life fades away. Peace and calm remain.

Leave feeling rejuvenated and centred with clear and complete awareness.

- Experience full-body relaxation and a deep meditative state
- Deep yoga relaxation for 30 minutes is equivalent to 4 hours of sleep
- Address physiological, neurological and subconscious needs
- Lower stress levels - relieving high blood pressure, anxiety, stomach tension
- Cope with daily emotional fluctuations

Discover your own strategies to bring these positive effects into your longer term daily life: Each week you will receive very short excerpts or readings with ideas for simple meditations, contemplations, or exercises you can do every day, for as little as five minutes or as long as an hour. The focus is on practical, real-world options.

**Fee: \$110**

### To Register

Open to all levels of students - no experience necessary! No injuries please.

Preregistration and prepayment are required. Please contact Now Breathe to reserve your place. This is a tuition-based course with no make-up sessions offered.

### Cancellation Policy

Please allow a minimum of 1 week notice if you must cancel your registration, otherwise you will be responsible for the full cost. We will refund your payment only if we can fill the slot. Unattended sessions are nonrefundable.