

*Still the Mind To
Achieve a Sense of Wellbeing*

Relaxation and Meditation

Outline:

Learn skills to assist with stress and fatigue focusing on gentle stretching exercises, breathing, relaxation, and meditation suitable for people with Fibromyalgia - FM, chronic stress & fatigue. Areas covered – exercises to release tension, breathing with awareness to assist with pain control, deep relaxation and meditation.

Session:

- **Gentle Stretching Exercises** – to release tension in the body
- **The Power of the Breath** - breathing techniques to assist with pain control and general wellbeing
- **Guided Relaxation** – experience deep relaxation
- **Meditation** – still the mind to achieve peace of mind
- *Feedback and question time*

This 6wk program focuses on skills to aide chronic stress and chronic fatigue; care is taken to guide participants with compassion so they may participate to their full ability, participants will experience benefits during each session.

Learning Outcomes:

Participants will learn skills in relaxation, stress management and meditation techniques to build greater self awareness and enhance their wellbeing.

Course Prerequisites & Level of Proficiency Required:

This session is suitable for all fitness levels.

Student Requirements:

Please wear loose clothing, we recommend not to eat a large meal within 1 hour before a class, & not to drink before class other than a few sips.

This program is suitable for groups and can be delivered at your venue.

Please **give me a call** if you require any further information on M: 0403 229 521

or contact me by email: amanda@srianda.com.au

Thank you for your interest.

I look forward to supporting you and your business in achieving a greater sense of wellbeing.

Regards, Amanda

Amanda Carlton
Wellbeing Consultant

