

relax Kids



Relaxation for MUMS

just
relax

4-week Relaxation Course beginning MONDAY 24th July

TWO OPTIONS for busy mums

Mornings 9.30-11am or Evenings 7.00-8.30pm

The course includes practicing gratitude, mindful listening, art, deep breathing and massage, nature visualisations, guided meditations, games and much more!

**Only \$65 per person OR 2 for \$90 EARLYBIRD special
(paid by 14th June).**

**Book online at www.bookwhen.com/calmingcompany
or 021 065 0336**