

TRANSFORMATIVE WORKSHOP FOR YOU

9 SEPTEMBER 2017

# Reboot your Wellbeing

Understand your body & mind: Free from tension, stress & anxiety.  
Thrive, live life with joy, peace & wellbeing.



1

## BODY AWARENESS

Posture, Breathing

Nutrition

2

## MIND

Confidence, Thoughts

Trust

3

## OWNERSHIP

You ARE in control.

**When:** Sat 09/09/17  
**Where:** Colmworth Golf Club, New Road, Colmworth, MK44 2AP  
**Time:** 09:30 - 16:30  
**Cost:** £99

Refreshments available to purchase from  
The Coffee Cup on the day or  
alternatively feel free to bring your own  
lunch.

Spaces are Limited

## BOOK NOW

email

[tilly@lakeviewosteopathy.co.uk](mailto:tilly@lakeviewosteopathy.co.uk)  
to register your interest.