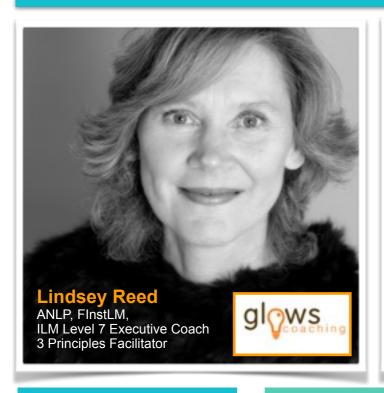
TRANSFORMATIVE WORKSHOP FOR YOU

Reboot your Wellbeing

Understand your body & mind: Free from tension, stress & anxiety.

Thrive, live life with joy, peace & wellbeing.







BODY AWARENESS

Posture, Breathing

Nutrition

2

MIND

Confidence, Thoughts

Trust

3 OWNERSHIP

9 SEPTEMBER 2017

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 to register your interest.