

AN INTRODUCTION TO HOLISTIC STRESS MANAGEMENT WITH COMPLEMENTARY THERAPIES

A 3-week course that looks at a range of different complementary therapies, exploring how they can help reduce stress and anxiety. You will learn the underpinning theories of how each therapy is practiced as well as some tools and techniques which you can try out for yourself. This is an excellent introduction to complementary therapies for anyone considering training in them or thinking about trying them out.



It will be delivered by Shirley O'Donoghue and Kate Winter who have been teaching and practicing these therapies for over 20 years. The sessions will cover Reflexology, Reiki, Indian Head Massage, Colour Therapy, Crystal Therapy, Massage, Aromatherapy, Homeopathy and Bach Flower Remedies.

Wednesday 3, 10 & 17 March 2021
11am-1pm on Zoom

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first. Contact: 01372 375400, text 07929 024722, email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing