

Stress Clinic

with **Claire McCarthy** and **Glenn Pennington**

4 one-day workshops 10am to 3.15pm (with 45 minute lunch break)

Saturdays 5th, 12th, 19th and 26th February 2011

Course Fee: £200



A small, friendly course with a maximum of six participants to ensure the experience is both personal and attentive to individual needs. The aim is for participants to experience new techniques to help them deal with stress and stress related problems - both physical and psychological.

The mornings will be spent with Claire McCarthy learning and practising massage and relaxation techniques. The afternoons will be devoted to the teaching and practice of mindfulness meditation with Glenn Pennington.

Not only will you finish each day feeling less stressed, but you will also take away new skills and begin developing a personal approach to minimising your stress and promoting a sense of calm.

If you'd like to attend a course, please ring either Glenn on 0798 499 5041 or Claire on 07939 416289 to discuss/book a place. Then complete and return the Booking Form below with your cheque to:

Stress Clinic c/o The Upminster Sanctuary, Pea Lane, Upminster, RM14 2XH

Refreshments will be provided but please bring your own light packed lunch, if required.

Booking Form

I would like to attend: **Stress Clinic**
4 weeks commencing (please insert date) :

Name: _____

Address: _____

Postcode: _____

Telephone: _____ **Mobile:** _____

Email: _____

I enclose cash/cheque for: **£200 per course or £50 deposit** **£** _____
Cheque payable to Claire McCarthy

*If you intend to pay the balance by cheque, please allow 2 weeks prior to course start date for funds to clear.
For last minute bookings, please pay the balance in cash on the day.*

Signature: _____ **Date:** _____