

Routes to Relaxation

2nd Tuesday
monthly

Guided by:
Hilary Bichovsky
Relaxation Teacher

'EMOTIONS and 'ROUTES TO RELAXATION'

Over the next three months we will consider:

- **HABITS**—How you feel and how you release tension through awareness and simple movement.
- **EMOTIONS and the BREATH**—A direct and subtle, ever shifting relationship.
- **Letting EMOTIONS move**—Expressed emotion is a whole body experience, laughing or crying, or simply allowing ourselves to talk freely about something we care deeply about is a form of release and a 'ROUTE TO RELAXATION'.

Testimonial: "I absolutely love the bell. There's something deeply calming about it."

11am to 12:15pm



2019

9th April, 14th May, 11th June, 9th
July, 13th August, 10th Sept, 15th
Oct, 12th Nov, 3rd Dec.

These sessions include movement, deep relaxation, and exercises to calm and centre you, thereby relieving anxiety.

Macclesfield
Cancer Help
Centre



BOOK YOUR PLACE

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OUR AIM

- We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.