

Routes to Relaxation

2nd Tuesday
monthly

Guided by:
Hilary Bichovsky

'EMOTIONS and 'ROUTES TO RELAXATION' — 11am to 12:15pm

We propose to continue the core themes of these monthly sessions:

- **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."

Q1—2020

Jan 14th, Feb 11th

Mar 10th, Apr 14th

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.