



RELAXATION CLASSES

The careful selection of exercises & techniques applied in class support the relaxation process and response. This produces a calming effect on the mind, emotions and the body, encouraging a balanced freer flow of energy throughout the entire body.

- Experience quality time dedicated to yourself
- Learn practical skills you can use on your own
- Create greater freedom, health & well-being



Alessia Kernot is a qualified hypnotherapist and psychophysical therapist with training in Yoga Nidra deep relaxation and breathwork techniques.

Let go of tension &
stress

Discover how easy it
can be

Small group class

6.45pm - 7.45pm
once a week

for

6 weeks

Course fee \$125.00

DEE WHY NATURAL
HEALTH & HEALING

Suite 17b, 818 Pittwater road
(entry via Delmar pde)
Dee Why

To enquire or reserve your
place in the next course
call Alessia

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