

## Destress techniques courses Monday 26th November

Written by Administrator

Friday, 16 November 2018 01:00 - Last Updated Wednesday, 28 November 2018 00:00

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26th November and 3rd December

We will be hosting a course at the Kingfisher Bar to help de-stress you. The course will inform what causes stress, how it effects your mind, body, and health. How to recognise stress symptoms, and teach exercises that will help counteract stressful situations. This will also include teaching the skill of self-hypnosis and after mastering the simple basics, you will be shown how to use this new skill in everyday life. To get to the basics stage of self-hypnosis you will need two evenings and and a third evening to introduce how to use the new acquired skill. Additional skills such as Yoga, Qigong, Mindfulness practice, and Meditation will be introduced as you progress to the next level.

At the completion of the “Basic” course, students will have enough knowledge and talent to use and just as importantly study these basics through reading and practice or participating in other available courses. All participants would be able to enrol in the next available “intermediate” program or approach the specialists and book one on one sessions to deal with specific situations that any of the participants may have. All Basic course participants would be offered a 20% discount on any one on one session booked.

The cost of the basic course is £20 per evening. Payable on the evening of attendance, The intermediate course is £25 per evening. The first sessions are booked for 26th November and 3rd December and run from 7pm to 9pm, please contact [jenny.anderson@livingstoncricketclub.co.uk](mailto:jenny.anderson@livingstoncricketclub.co.uk) for more details. Please note

each course is limited to 10 people.

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