

Holistic health is a path to a resilient and authentic self!

Self Care & Wellness Class

A special space for every one

No need to excel in fitness or wellness

- You consider health as your prime asset in life,
- You want to reclaim ownership of your holistic self,
- You are interested in exploring your inner resources to maximise your natural health potential...

...this class is definitely for you!



Holistic health celebrates uniqueness to thrive in life!

HOW IT HELPS

- Develop an awareness of your body, emotions, thoughts, and aspirations and understand how they evolve with one another.
- Discover and befriend your own inner resources.
- Design and master your personal toolbox to relieve stress and anxiety, turnaround tiredness, and alleviate pain and tension.
- Design and master a harmonious relationship with your day-to-day environment, nature, and the seasons.

HOW IT WORKS

A weekly 60-min class blending different healing techniques, originated from Shiatsu Do In, self-acupressure, Taiji, Qigong, Yin Yoga, meditation, visualisation, breathing and sensory exercises.



Holistic health is the only asset you will ever own in life!

CLASS EXAMPLES



Discover how to connect with your physical energy, assess and understand its qualities and restore your holistic balance.



Connect with the rising energy of summer, learn how to anchor your mind into your body, and befriend your emotions.



Explore tensions in your body, identify their energetic root cause, and self-release them with simple guided techniques.

ARE YOU INTERESTED

to bring a breath of
health into your
organisation?

Contact us to discuss your needs

Pascale MN Chaillet

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