



Stress Reduction & Relaxation

**Evening Course (4 sessions)
starting Thursday 24th May,
at Collis-Sandes House, Tralee.**

Find out how to reduce and manage stress, learn and practice a variety of self-help techniques to help you experience relaxation and calmness, including:

**Self-hypnosis & Positive Visualisation
Simple Meditation & Deep Breathing
EFT (tapping technique)
Emotrance (emotional transformation)**

Learn how stress is caused, how to deal with it when our buttons are pushed suddenly, and also how to prevent stress building up over the long term.



**Dates: Thursdays 24th May, 31st May, 14th June, 21st June
Time: 7.30 to 9pm Course Cost: 80 euro
Complimentary 30 min relaxation CD included.**

**Please ring Helen Ryle on 087 7734914
for further information or to register.**

**Helen Ryle, MICHP
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