

THE URBAN ALCHEMIST

ART OF HEALING



MANAGE STRESS & INCREASE WELLBEING

ARE YOU FEELING STRESSED, OVERWHELMED OR RUN DOWN?

If you neglect your own needs and regularly overlook nurturing yourself, you will be in danger of experiencing deeper levels of unhappiness, low self-esteem and feelings of resentment.

You are invited to attend a six-week educational and experiential workshop to learn about stress and how to manage it. Learn a variety of practical techniques to increase your resilience and wellbeing. Topics will include:

- Identify your stress triggers and responses
- Create feelings of safety by developing an inner safe place
- Reduce feelings of overwhelm as you learn the technique of tapping
- Relieve any anxiety as you learn to deep breathe
- Learn to be an observer of your inner process with mindfulness
- Become more calm as you learn to do progressive muscle relaxation
- Build resilience as you get in touch with your inner resources

Facilitator	Irene Rose – Counsellor and Psychotherapist
Date	Monday evening from 10 th Feb to 24 th Mar 2014 (no session on 10 th March – Labour day)
Time	7:00 to 9:00pm
Venue	The Urban Alchemist 357 Nicholson Street Carlton North
Cost	\$300 for six sessions

For enquiries and booking, ring
Irene Rose on 9553 2803 or 9347 9247
Or download a booking form at www.theurbanalchemist.com.au

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Email, mail or fax this form to

Irene Rose
The Urban Alchemist
357 Nicholson Street, Carlton North, 3054
Email: info@theurbanalchemist.com.au Fax: 9347 6797

A deposit of \$50 is required to confirm your booking. The remainder of \$250 is payable on the first night. Payment may be made by credit card, bank transfer or cheque made payable to The Urban Alchemist. Alternatively, payment may be made via Eftpos within the clinic.

Direct bank transfer to:
The Urban Alchemist BSB: 063 141 Account: 1045 8380

Please note "StressCourse" and your name in the reference field. A receipt will be mailed to you.

WORKSHOP BOOKING FORM

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10TH FEBRUARY TO 24TH MARCH 2014

Name	Date of birth
Address	
Phone	Mobile
Email	
Emergency contact	Phone
Medical conditions	
Medications	
How did you hear about this course	