



TAKE TIME FOR ME

Introduction to Capacitar Practices

Relaxation Day

Date: Saturday 21st April 2018

Time: 10am to 3pm

Venue: Newry Library, 79 Hill Street Newry Cost: £10

A blend of body, mind and spirit practices:

- Tai Chi
- Techniques for self-care
- Emotional Freedom Technique
- Visualization and Energy exercises
- Acupressure

ALL WELCOME Booking Essential

Tea and coffee and handouts of practices in the cost.

Bring your own lunch.

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