



HEALTHY LIVING MASSAGE WORKSHOP PART I & II

Part One : Sat 7th August 2.30-6.30pm : Suitable for all beginners to professional therapists Learning Special Chinese Massage Techniques to help with various conditions and health problems from stress to headaches and more.....

We will also learn basic meditation and qi gong exercises

Part Two: Sat 28th August 2-6pm:

Carrying on from where we left off focusing more on the practical applications of massage also including Chinese dietary advice.

Price:

£30 for non members

£25 for members

**For more information
call Martine on**

0800 756 6422

Email: enquiries@nathealing.com



— canon eos 350
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Tranquility

The quality or state of being tranquil, serenely.

EX 18-50

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sigma 18 - 50 EX 12.8

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EX 18-50