

STRESS REDUCTION COURSE

FOR MUSLIM WOMEN

Learn ways to manage your stress in a busy and hectic world, improving your resilience to life's challenges

Course will include:

- *Mindfulness practice*
- *Learning Breathing techniques*
- *Relaxation exercises*
- *Exploration of basic needs (such as diet, sleep and exercise).*



4-week group course starting 9th November 2016 from 10.30am-12pm each week,

and continuing on 16th, 23rd, 30th November 2016

Venue: Christ Church, 58 Christchurch Road, Colliers Wood, London, SW19 2NY (some free parking available)

5 minutes, walk from Colliers Wood tube station

Cost: £100 (£80 early bird booking by 10th October 2016)

To book your place please or for further information please contact

Ms Neelam Zahid on 07931 419131

or email nzcounsellingandpsychotherapy@gmail.com

Neelam is a BACP (British Association for Counselling and Psychotherapy) accredited Counsellor and Psychotherapist, trained in Integrative Counselling and Psychotherapy since 2004. For further information about Neelam and the other services she provides please visit

<http://nzcounsellingandpsychotherapy.co.uk>



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