

Reset



The feel good workshop



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Counselling
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Part 1 - May 14th, 21st

Part 2 - June 4th, 11th

9:00 am to 11:30 am

31 Ranjit Kumar Street, St. James

\$600

Workshop Content

Learn how to *cope with change* and *develop a sense of purpose* - becoming comfortable with 'the new normal of yourself.'

Understand the relationship between mental health, nutrition and movement.

Both parts of the seminar will include a Mental Health component on day 1 and a Nutrition component on day 2. Each session will incorporate yoga flows to focus on the body.

**PT
1**

It's time to review.

Taking a holistic approach, we explore how to manage change, loss and our associated feelings. We will also examine the importance of self acceptance and self love in a time of transition. Let's begin the journey of becoming your best holistic self.

**PT
2**

It's time to reset.

In this module we examine our sense of purpose and fulfilment understanding that change is all around us. We aim to challenge our external and internal critics and allow the glow up to take place.

REGISTRATION DETAILS

For more workshop details and registration information please visit www.sonjiharris.weebly.com