



## WELLBEING WORKSHOP

*Wednesday, September 29, 2021*

*10 AM / 11-30 AM*

*Midleton Family Resource Centre*

*Fee: € 10 / Subsidy for the unwaged*

Join us for a gentle and calming well-being morning workshop to nourish and soothe.

Michelle Carey will guide you through simple techniques to feel more present and at home in your body.

On the day she will share easy techniques showing you how to self soothe and decompress using



-Indian head massage

-Reflexology

-Mindfulness

-Breathwork



We ask that you wear warm comfortable clothing and please bring a blanket, pen and paper, water and a mask.

It is open to all in the East Cork area but spaces are limited and pre-registration is required.



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