

Relaxation and Meditation 6wk Program

Outline:

Learn skills to assist with chronic stress and chronic fatigue focusing on gentle stretching exercises, breathing, relaxation, and meditation suitable for people with Fibromyalgia – FM.

Areas covered – exercises to release tension, breathing with awareness to assist with pain control, deep relaxation and meditation.

Sessions:

Gentle stretching exercises – to release tension in the body

The Power of the breath – breathing techniques to assist with pain control and general wellbeing

- Guided relaxation – experience deep relaxation
- Meditation – still the mind to achieve peace of mind
- Feedback and question time

This 6wk program focuses on skills to aide chronic stress and chronic fatigue; care is taken to guide participants with compassion so they may participate to their full ability, participants will experience benefits during each session.

Learning outcomes:

Participants will learn skills in relaxation, stress management and meditation techniques to build greater self awareness and enhance their wellbeing.

Course prerequisites & level of proficiency required:

This session is suitable for all fitness levels.

Student requirements:

Please wear loose clothing, do not eat a large meal within 1 hour before a class – do not drink before class other than a few sips.

This program is suitable for groups and can be delivered at your venue.



Amanda Carlton Wellbeing Consultant /Coach

You can contact me on M: 0403 229 521 or E:amanda@srianda.com.au

I look forward to supporting you in achieving a greater sense of wellbeing.

Regards, Amanda

