



Self
Injury
Self
Help

Wellbeing Workshops

Autumn - Winter 2017/18

Saturday 7th October	Holistic Hatha Yoga Ajay	Integrate breath, body and mind in this gentle yet deep style of yoga. Relaxing and suitable for any ability. Wear loose or comfy clothing and bring a blanket and mat if you can
Saturday 4th November	Introduction to Reflexology Georgia Daniel	Find out about the fascinating art of reflexology, how to locate areas on your hands that relate to your body that can help alleviate conditions such as headaches
Saturday 2nd December	Mindfulness For All Louise Shaw	Opportunity to let go physically and mentally and open up to the possibility of new beginnings through movement and following the rhythm of your breath.
Saturday 6th January	Chanting for Inner Peace Tim Chalice	Experience the power of chanting to open our hearts, quiet our minds and sing out without fear or judgement.
Saturday 3rd February	Emotional Freedom Technique Susan Kedward	Learn how to do this simple but powerful self-healing technique to relieve negative emotions
Saturday 3rd March	Qigong (Chi Gung) Janice Rossiter	Qigong is a Chinese self healing system through movement, meditation and breathing exercises. Benefits include improved health, feelings of wellbeing and relaxation

Workshops held at: Bristol Mind, 35 Old Market Street BS2 0EZ
10.30am – 1pm £5 (waged) £3 (low/unwaged)

ALL WELCOME. NO BOOKING REQUIRED, JUST TURN UP!
NB self-harm does not have to be a personal issue

Funded by Bristol Mind and donations
Organised by: SISH (the Self Injury Self Help group)

Visit: www.sishbristol.org.uk or phone Bristol Mind 0117 980 0370