

Rapid Relaxation

A 20-minute lunch-time session in the centre of Manchester.

Would you like to

- Experience the benefits of a few minutes of mental relaxation in the middle of the day?
- Suspend time for a short while in order to renew your reserves, energy and focus?
- Learn how to manage your own health and well-being within the constraints of a busy lifestyle?

Rapid Relaxation is a 20-minute lunch-time session during which you will be guided by a trainer into a beneficial state of relaxation. It combines breathing techniques and guided visualisation to enable you to mentally switch off from your day-to-day concerns. ***Rapid Relaxation*** is a session that recognises the impact of the daily pressures of modern life and is designed to allow you to take some short 'time-out' within a busy schedule. It combines lessons from a number of different fields to assist you in managing your own health and well-being and in helping you to operate at your best.

The sessions are open to members of the public and are done in a group setting with a maximum of 18 people per session. They are held in a comfortable environment on King Street to allow easy access for people working and shopping in the city centre.

How does it work?

Reserve your place in advance by contacting us by phone or email then come along straight from work or shopping.

During the session you will be shown some breathing techniques to help you manage your health. After that, you will be guided into a relaxing state designed to allow you to switch off, reduce tension and restore your energy levels.

Where and when are they running, and how much do they cost?

Rapid Relaxation sessions are being held at lunchtime on Wednesday 16th December and Wednesday 23rd December 2009 at Meeting Venues, a division of MWB Business Exchange, 61-67 King Street, Manchester, M2 4PD.

Available times are: 12:40pm – 1:00pm, and
 1:10pm – 1:30pm

Due to the short nature of the sessions start times are prompt.

Each sessions costs £5.00, which is payable on the door once a place has been reserved.

What if you could recharge your batteries and learn to relax easily using some simple techniques?

Contact us now to book your place. Tel: 0161 336 7788 or 07752 768388 or mail@onelifetolive.co.uk



Rapid Relaxation is designed and delivered by One Life 2 Live, a training company that runs personal development and discovery programmes. Visit our website at www.onelifetolive.co.uk.