



Stress Less More Success:

Active Intensive Relaxation™

Relaxation is a simple and straightforward way of working on the body full clothed, where the emphasis is on 'pure relaxation' using a particular gently bodywork which is beneficial and powerfully effective. **Passive Relaxation** like deeper breathing or meditation or muscle relaxing techniques may not be sufficient to regain balance. Balance can more easily be regained with **A.I.R. Active Intensive Relaxation™** using the **F.L.O.W sequence** to deeply relax the mind and body for health recovery.

Relaxation from a Practitioner:

The Active solution to relaxation is two fold, it will be your body that promotes its own balance, actively, and the Practitioner you choose will facilitate the intensely deep relaxation with you and for you.

Taking the next step:

Find out 'How to do it'.

Suitable for all, (you do not need to be a qualified complementary therapist to attend). However, it is a wonderful addition to add to an existing skill base, (and is very gentle on the hands and body for Practitioners).

For the Therapist:

This gentle bodywork session can easily be incorporated into a Massage session; it will enhance the massage to a deeper level of relaxation. It is a unique way of working, enabling stress and tensions in the body or mind to diminish and resolve. A basic relaxation session typically takes 30 mins, and can be incorporated in with another modality session.

For Non Therapists:

Anyone can take the Intro Day – it will enhance your life by allowing you to really feel and acknowledge where your natural balance point of relaxation is, reminding you and through this you will know where to return to more easily after an imbalance, we just need to be reminded. Keeping calm when there are stressful situations all around us is a fine art. One that if we can keep it up will enhance our lives by minimising our response to stress, allowing us to be relaxed and live happy joyful lives much more of the time.

Testimonials from Relaxation students:

'Very wonderful experience, both to learn, give and receive Relaxation. I feel GREAT, grounded and full of loving energy'. *R.E.*

'I found the session to be relaxing and therapeutic. I want to learn more. I can't wait to do the 3 Day Practitioner course and to provide this to family/friends and potential clients. Amazing Day. *L.H.*

'A deeply relaxing and nourishing day....a definite worthwhile investment' *G.L.*

Testimonials from Students (Practitioners)

'Thorough, deeply relaxing and a Professional course which is stand alone or suitable to combine with other therapies'

Yes, more relaxed, and more information to learn more and practice. Now I feel I can start to offer bodywork/energy/elements. THANK YOU BOTH!' *L.R.*

'Felt very good receiving/giving the session. The sequence flows nicely and induces relaxation to the giver/receiver. I felt supported throughout sessions through both the receiving and giving'.

'It's been a great day! The whole process is very simple to assimilate and apply. The guidance and teaching empowers your confidence to be comfortable in practicing the Relaxation technique.

An opportunity of deepening your knowledge from Intro Day, and to experience further techniques and concepts. *M.V.*



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