



SAT 20TH AUGUST

STRESS BUSTER

Retreat from the busyness

It's good to know that - Managing stress, has nothing to do with strength. The world and its ways, seems to throw so much in our direction – to the point it feels overpowering.

Join us for a morning's retreat, and begin to take control – choose your better options and feel the difference. £30 per person

Our venue is the Riverside Building, Skinningrove TS13 4AU
Beginning at 10am and concluding at 2pm

For more information or to make a booking, please call or email
John Pearson on 077 6969 4121 – innershell.01@gmail.com

**Take time out for
You.**

**Unwind, and let go
of the tension**

**Discover simple
techniques, that
can take the *heat*
out of your stress**

Buffet lunch

**Create time for
yourself, and take
it home with you**



John Pearson trading as InnerShell



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