

ONLINE HEALTH & WELLBEING SERVICES

Due to the current unsettling circumstances I wanted to let everyone know that there is help at hand online for you in the comfort of your home.

A lot of people are feeling very anxious and stressed about the situation, the restrictions and mostly about the unknown. Its so important we stay well in mind, body and spirit at the best of times but particularly now. Our physical health is very closely linked to our mental wellbeing and we all need to find ways to steady and balance the effects of the current situation.

Negativity can breed dis-ease and so positive thoughts and actions can be like a medicine for us. There is much I can do to help you to help yourself!

Some of the wellbeing services available online:

- **A GUIDED RELAXATION** - 10 minute mindful visualisation to reduce anxiety, stress and for having some peaceful time out. This service can be by phone or via the computer. **Cost = 10 mins - £5**
- **MINDFUL WELLBEING COACHING** - Practical health enhancing coping techniques, guided relaxation exercises, information and wellbeing guidance. **Cost = 30 mins - £30 / 60 mins - £45**
- **EXERCISE - Tai Chi / Shibashi Instruction** **Cost = 30 mins - £15**
- **EXERCISE- Movement for Health Instruction** (gentle chair & standing exercises) **Cost = 30 mins - £15**
- **A MEDITATION TEACHING PRACTICE** - As a registered meditation teacher and a meditator of 17 years, I have been trained to teach you a practical meditation practice that is incredibly valuable to help strengthen yourselves from the inside out. Meditation has been scientifically proven to help our physical, mental, emotional and spiritual wellbeing; **e.g. lower blood pressure, reduce stress hormones, improve sleep, help with the feel good hormones, boost our immune system, and help our general health & wellbeing. It also can help improve focus, concentration, inner resilience, creative thought and very importantly, lift our spirits! COST = 60 mins = £48.00** per person Couple teaching (reduced price). This is not a guided relaxation session, you are taught a practice that you can use on your own (I just wouldn't be without mine)!

Please feel free to contact me and ask any question.

Wishing you wellness.

Warm regards

Venetia

Health & Wellbeing Practitioner/consultant/Instructor

Tel: 07973 953 012

www.true-nature.co.uk

email: venetia@true-nature.co.uk

<https://m.facebook.com/truenaturecouk>