

WELLBEING CAPSULES MENU



ENERGY

Exercise - the why & how
Qigong/Tai chi*
Sleep - wake up refreshed
How to Support your Immune System during Covid times
10% More Energy

LIFE

Transitions - Work Life Balance
Menopause - our 5 Point Plan
Living with Uncertainty
Time Management
Extend your Support Systems
Communication Skills
Purpose - find your 'why'

WELLBEING FOR NEW PARENTS

Introduction to Baby Massage & Attachment
Looking after You
Babies & Sleep
Crying - how baby communicates
Facilitated Support Group

STRESS

Science of Stress
Learn to respond rather than react
Mindfulness
Building Resilience
Reflexology*
Clothed Massage*

FOOD & NUTRITION

Weightloss - debunking the myths
Ketogenic lifestyle & why it works
Our relationship with Food & Alcohol

*practical sessions with one of our qualified consultants