

RELAXATION AND IMAGERY A TOOL FOR HEALING AND GROWTH

Audience: General, private and public sector, individuals and groups

Description:

There are many self-help books, tapes, CDs, etc. available on the subject of using relaxation and imagery for combating stress, maintaining and improving physical and mental health, combating addictions, and even improving skills such as those used in athletics. These tools are often better guides after one has experienced exposure to live training in the skills of relaxation and use of imagery.



This workshop is aimed at providing individuals training in these skills in a group setting.

Format: (in order of recommended time allocations)

One 3-hour (1/2 day) workshop

One 2-hour workshop

One-hour experiential presentation