

Seniors Relaxation

@ Oak Tree Retirement Village

15 Meramie St, Caerleon Estate, Mudgee

Relaxation skills for every day

Starting Tuesday 20 August 2019

1pm - 2pm

\$5/week

Learn and practice
relaxation skills for life, including

EFT

Brain Gym

Laughter Yoga

Breathing techniques

Guided Meditation

To book in & more information, contact:

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f: Relaxation for Body & Soul