



Sheila Murray



# Sheila Murray's world of wellness

Discover

## Absolute Wellness

with the Sheila Murray Lifestyle Programme incorporating Relaxation training methods, Yoga and other Eastern disciplines

The Lifestyle program involves participation in a 6-week program of relaxation training methods incorporating

- Breathing patterns
- Muscle control
- Correct posture
- Positive self-talk
- Use of visualisation

Followed by a 6-week program of Yoga designed to complement the above and facilitate joint and limb flexibility, improving muscle strength, coordination and general balance

This program is suitable for:

- Reducing fear, anxiety and stress
- Recognising problem situations and learning how to resolve them
- Improving sleeping patterns
- Lowering blood pressure levels and drug dependency
- Assisting with weight reduction programs
- Increase self-awareness and self-enhancement
- Post-operative joint replacement surgery

**This program unifies both knowledge and techniques and Eastern and Western disciplines that are helpful to all participants**

**Bring  
Yoga & Meditation  
into YOUR LIFE at**

**West Lane Baptist Church,  
Haworth on**

**TUESDAYS**

9.30am - 10.30am - Yoga  
10.45am - 11.15am - Meditation  
11.30am - 12.30pm - Yoga

**Farfield House,  
105 North Street, Keighley on**

**MONDAYS & THURSDAYS**

6.15pm - 7.15pm - Yoga  
7.30pm - 8.30pm - Yoga  
8.45pm - 9.45pm - Yoga

**THURSDAYS**

9.30am - 10.30am - Yoga  
10.45am - 11.15am - Meditation  
11.30am - 12.30pm - Yoga

**Enrol today in an  
ABSOLUTE WELLNESS CLASS**

*To enrol in this lifestyle changing programme  
or to book on a Yoga class, call Sheila today on*

**01535 648761 / 07799 437174**

*or visit [www.sheilamurray.co.uk](http://www.sheilamurray.co.uk) for more information*