



**A WORKSHOP FOR MENTAL HEALTH
AWARENESS WEEK**

CULTIVATING RELAXED EMBODIED AWARENESS

with....



Emma Watkins
Yoga & Breathwork Teacher,
Founder of Agora London

Hamish Mackay-Lewis
Leadership & Life Coach





The body has the inherent ability to heal itself. In the "noisy" fast paced world that we live in today, however, our minds and bodies have become attuned to stress, our systems have fallen out of balance and in a state of hyper vigilance, we are unable to manage our emotions, and minor ailments become chronic.

By learning how to cultivate a state of relaxed embodied awareness, we are learning how to connect again to ourselves, to enable the body to start healing again and importantly, recover more easily from stress.

Both Hamish's and Emma's teachings guide individuals to this embodied state. In this workshop, they will use the connecting healing power of nature as a complement alongside grounding techniques and breathwork. Come with an open, curious mind.

You are encouraged to participate from a favourite spot outdoors and bring headphones. Or failing that bring something from nature indoors!

This workshop is for: Burnt out/stressed individuals; those recovering from illness; those who feel lost or stuck.