



Opportunity to relax, learn and enjoy
Capacitar Practices to improve Health
A One Day Free Introductory Workshop

Monday 26th July 2010
From 10.00 am - 4.00 pm
in The Rowan Tree Centre,
Pomeroy, BT70 3DS

During this one day interactive workshop you will be introduced to a range of Capacitar practices to promote Health & Wellbeing.

These will include:-

- **Breath work and Visualisation;**
bringing fresh energy into tissues and cells to nourish the body, mind and spirit
- **Finger Holds;**
managing emotions through fingerholds and deep breathing.
- **Emotional Freedom Techniques:**
useful for unblocking and healing strong emotions, traumatic memories etc.
- **Acupressure**
protocol for Head, Neck and Shoulder Release.

The workshop is relevant for individual family members, volunteers and workers in voluntary, community and statutory agencies and in a variety of settings. (Refreshments provided)

For more information see www.capacitar.org

or to book your place, please contact:

Nuala or Denise 028 7963 4865 / 028 7930 1606

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Nb: Preference will be given to people who live or work within the PHA - Northern area, if oversubscribed as the workshop is supported through CWSAN's health initiatives.