

Calm

Relaxation Therapy



A multi-sensory, uplifting experience allowing space and serenity for your mind and body.

- Reduce stress and anxiety
- Improve physical and mental performance
- Lower blood pressure and harmonise airflow
- Enhance creativity and widen perception
- Feel relaxed and enjoy a stress-free life

Feel confident and relaxed with reduced stress-levels in just 4 weeks!

The Intensive Course (One 30-minute session per week for four weeks)

The 30-minute experience combines a number of therapies, designed to maximize each individual's response and effect. Light, sound and voice make the experience multi-sensory allowing a deeper level of relaxation. You simply lay back, close your eyes and enjoy.

Results

This system is used to increase confidence and performance for actors, public speakers and other performing artists. It's also used for top executives to reduce stress, improve cognition and decision making. This is a proven method which is endorsed by the NHS.

Therapist

With over 20 years experience, holding a Masters Degree in Lifestyle & Behaviour Medicine, professional relaxation therapist and stress management consultant Paul Sansome has worked with celebrities and ABC1 clients worldwide to improve the quality of life.

Price

Four, 30-minute sessions over four continuous weeks: £240