



Wellness Talks

at **Rutland  
Nursery  
Café**

Thrive & Bloom is a project inspired by our beautiful surroundings with the aim of utilising the inherent relaxing qualities of our nursery combined with local wellness expertise to promote good health and wellbeing across our community

Our next talk, combined with a mini-workshop, will be hosted by therapist and breathwork specialist Polly Rubinstein on

**Thursday, 26th May at 4.30pm in the café**

*There is no charge and free tea and coffee will be served*

## **An Introduction to Breathwork**

**An informative and practical mini-workshop to introduce you to some simple yet powerful breathing techniques**

Anyone can easily learn to improve their breathing using these ancient practices which have been used by yogis for thousands of years, and which help to:

- Reduce anxiety and stress
- Balance mood / energy
- Improve sleep
- Improve digestion
- Increase mental focus

To attend please register by either leaving your name at the desk, by phoning us on 01572 498720, by direct message via Instagram or Facebook, or through the Contact Us page on our website [www.rutlandnursery.co.uk](http://www.rutlandnursery.co.uk)

