

# Relaxation through Self-Awareness

*with Marcia da Silva Pinto MRSS DTM*

**Sunday 22 September 10.00-12.30**



This workshop is based upon the work of Thérèse Bertherat, a celebrated French physiotherapist, who showed that pressure points can release physical constraints and re-awaken dormant muscles to restore health and harmony.

While the workshop can bring often profound health benefits to all, it can be of especial help to people with back or other injuries as well as those experiencing anxiety or sleep deprivation.

**Cost: £20**

**The Letchworth Centre for Healthy Living**  
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