

# Upward Spirals: Foundation Course

Upward Spirals

**2017** New Year is a popular time for making resolutions, often about healthy habits. ***Why not kick off your new year by being one the first to experience the Upward Spirals foundation course?***

By integrating positive psychology tools, mindfulness with the foundations of health – nutrition, exercise and sleep – this offers a unique, truly holistic approach to health and wellbeing.

## ***There is no one-size-fits-all***

- **Make sense** of confusing and conflicting health advice and take back charge of your own health and wellbeing
- **Reconnect** mind and body: become more mindful and learn to listen to your intuition
- **Create** *Upward Spirals* in health in ways that work for you
- **Meet** like-minds to share tips and create positive networks

Five 2-hour sessions, run over 8 weeks: 4 weekly classes, a 3-week practice period (supported by weekly emails / texts) and a Master Class/evaluation on week 8.

Daytime and evening classes available according to interest.

**Special introductory rate:** £50 pp - ambassadors 10% discount

***Interested? Tell Maggie when you can come!***