



- **MINDFULNESS, MEDITATION & RELAXATION**

28-DAY WEB-BASED COURSE

DISCOVER AUDIOS, VISUALS, SELF-HELP GUIDES AND WORKSHEETS

SMARTPHONE RELAXATION TECHNIQUES TOOLKIT & INSTRUCTION COACHING

Benefits: Scientifically proven methods to help you reduce anger, anxiety, depression, stress and pain as well as improve memory, positive mood and quality of life.

\$260 RELAX, EASY LISTENING AND VISUALS

Description: 4 classes, 30-minute periods Web-based training program with instructional coaching telephone support and Relaxation Toolbox digital media exercises: audios, videos and music and workbooks compatible for smartphone, PC, and tablet.

FOR MORE INFORMATION CONTACT: DRMARTHAWATSON.COM (814) 662 - 5338