**Mind, Body and Soul………..**

**Free taster sessions at Cloud 9 from Redcar Adult Learning Service**

|  |  |
| --- | --- |
| Healthy eating is not about strict dietary limitations, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, improving your outlook, and calming your moods. In addition to helping you eat more healthily, portion sizing will show you how to estimate proper portion sizes and to keep these in check even when faced with big plates of food. At our free Taster session you will learn the basic information needed to understand the benefits of eating healthily and estimating your portion sizes. | Aromatherapy is an ancient art in the use of essential oils to treat disorders of the body. The therapeutic essential oils are extracted from plants, flowers, trees and fruits. The combination of your sense of smell unites with the healing power of touch. At our free Taster session you will learn the basic information needed to understand the benefits of Aromatherapy and you will also take part in a practical activity. |
|  |  |
|  | Indian head massage originated from a system of holistic care known as Ayurveda. It relies on the philosophy that massage promotes balanced health and wellbeing. The treatment is undertaken in a seated position and can include massage to the scalp, neck and shoulders. At our free Taster session you will learn the basic information needed to understand the benefits of Indian head massage and you will also take part in a practical activity. |

**Thursday 20th August at 1:00 Aromatherapy Taster Session**

**Friday 21st August at 1:00 Indian Head Massage Taster Session**

**Wednesday 26th August at 1:00 Healthy Eating/Portion Size Taster**