

Group Wellness

Inner Strength Workshop



If you are interested in learning about:
Astronomy and the Cosmos

Evolution - where you came from, how we are all linked to everything within the living world and how you can apply this to help you cope in everyday life

This workshop is for you



Reduced Stress by lowering cortisol and calming the nervous system.



Enhanced mood & emotional balance, helping you feel resilient and positive



More control over your body, mental clarity and your life



A feeling of being mentally stronger, with a clear plan for a better approach

What To Expect

We will delve into our subjects, and find new ways of approaching life's ups and downs by discussing evolution, the cosmos, and what it means to be Human through a series practical and theoretical sessions

Studying the universe can be a surprisingly powerful way to support mental health by shifting your perspective and inducing feelings of awe



Applying an evolutionary lens can help reset mental health symptoms and help you understand the roots of your emotions



£75pp inc Lunch
National Stone Centre,
Wirksworth
09:45am-4:00pm
Saturday 7th November

For more information or to book contact Catherine on 07869 282697
or email catherine@csreset.com
Find me on Facebook or Instagram @CSReset