

# Eurythmy in the autumn

Are you joining in?



*- online -*

## **Health and eurythmy**

*Resilience and strength*

*Relaxation for the nerves*

*At home in your body*

**Three courses to choose from - which one is yours?**

*Starting on 18 September 2022*

## **Activity-based stress management ABSR**

*Finally back on track with myself!*

*Repeatedly researched and proven many times!*

**8 Week group course with certified ABSR trainers.**

*Starting on 25 September 2022*

**[www.eurythmy4you.com](http://www.eurythmy4you.com)**

