

holistic health day



absolute energy

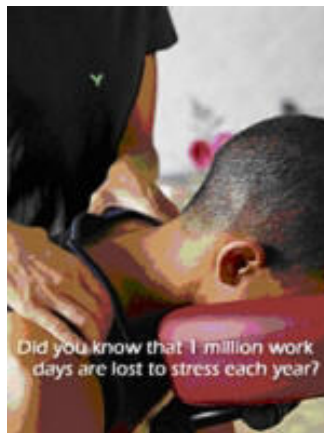
Holistic Health Days

A unique opportunity to experience some new and exciting activities for both staff and pupils

Staff

Stress Management/Life coaching
Acupressure Massage
Indian Head Massage
Reflexology

Yoga
Tai Chi
Boxercise
Rookie Sports
Dance-Salsacize/Swingcize
Healthy Eating



Pupils

Stress Management/Life coaching
Yoga
Tai Chi
Boxercise
Rookie Sports
Dance-Street, Hip Hop
Healthy Eating



Choose From
Acupressure Chair Massage
Indian Head Massage
Reflexology

Relax De-stress and Re-energise

massage@work



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Is your workforce and productivity suffering as a result of STRESS? Then we at
absolute energy
can help solve your problem.
Our team of experienced practitioners can deliver a range of specially adapted holistic therapies to suit your workplace.
Have as a regular staff incentive or as a one off 'Holistic Health Day.'
Particularly effective on staff training days or as a reward for all their hard work and loyalty over the last year

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Massage reduces workplace stress by 30%
Improved concentration and mental clarity
Renewed energy and vitality
Promotes a feeling of well-being. The "feel good factor"
Encourages a state of alert relaxation
It's an instant stress buster! Reduces stress and tension
Relief from back, neck and shoulder muscular aches and tension
Relief from tension headaches and migraines
Decreased anxiety, depression, stress, tension and insomnia