

**Therapeutic Touch Foundations Course**  
**Dates:** Weekly on Thursday at 7pm via Zoom  
**Commencing Thursday 9th July for 4 weeks**  
For self, family and friends

A further 2 sessions can be completed after practice sessions are completed if you wish to learn more skills and further educate in TT



A gentle mindfulness based, therapy, to nurture and self -balance



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Learn new skills to help you in your work  
life balance & gain new strategies and skills  
for self – care, families and friends

**Request your registration papers – limited  
numbers**