

Wellness

Amanda Ringrose and

Laura Hilliard Brady

Invite you to a morning of

'You' Wellness

Energy Resilience

Chair Yoga

Navigating challenging times

without losing 'YOU'

(Helpful tools)

Mindfulness

Prioritizing 'YOU'

On Site Energy Work



On Site -4.0 hrs (Half Day)

9:30 - 10:00 Energy Resilience Talk

10:00 - 10:45 Chair Yoga

**11:00- 12:00 Resilience in Relationships /
Boundaries**

12:00 - 12:30 Mindfulness / Breath Work

**12:30-01:30 - Everyday Energy Routine to
reboot your system!**

Wrap Up

Amanda Ringrose and Laura Hilliard Brady are both very involved in Wellness of the Mind, Body and Soul, bringing together all of the elements that balance our 'whole system', allowing us to feel free to make decisions without feeling the stress in our bodies and our mind. These stressors can make decisions more challenging and difficult. Both Amanda and Laura teach you how to get to know yourselves better, enabling you to create that 'space' we find difficult to locate in times of stress. They will give you valuable tools to navigate this daily.

Guaranteed that this workshop will be fun, reflective and relaxing, leaving you with a commitment to yourself to find a 'renewed you.'

Laura Hilliard Brady



Amanda Ringrose



Corporate Rate:

Half Day - 1000 Euros

Full Day -1950 Euros

Contact :

Mindbodyresilienceschool.com

085 815 1656 / 087 221 6101



Wellness Day

'Really enjoyed the morning. Both Amanda and Laura worked well together to put us all at ease. Simple techniques to make big impact on positive change'

'It would be fantastic if these workshops could be more frequent, in our jobs we give so much to others, we need to look after our own mental health and these morning would really help with this'

'Can you please come back?'

'Really enjoyed and feel so energized and positive - and also learned that 'I am enough' its up to me to take control of my life, thoughts and dreams'

'Great balance between Laura and Amanda a lot of energy in the room'

'So relaxing and chilled out Amanda and Laura are so lovely! I learned a lot about my inner self and boundaries, really make me think and reflect on'

'The whole program was fabulous and much needed'

**'Really enjoyed the program, found it very informative
and hugely relevant
Wonderful experience!'**

**'I found this hugely beneficial particularly with the fast
paced and stress of the job and current inspection. It
provided a sense of calm and grounded me'**

Testimonial

**'Amanda and Laura provide a safe and interactive space
to learn new techniques in resilience, breathing and
boundaries. I really enjoyed the session and the
positivity and education Amanda and Laura bring. I was
apprehensive about attending the wellness morning due
to work load and other responsibilities. But I found it
really enjoyable and helpful. I particularly enjoyed
learning about boundaries and how to put these into
place. The chair yoga really helped to ground me and
take time to clear my head'**