

# LEARN HOW TO RELAX

EVERYDAY RELAXATION - with Marie Watkinson, LMT



Relaxation is a skill that can be learned and implemented into your daily life. This 45-minute class will teach you different techniques to help you relax and assist with your wellbeing while you are at school, work, home or out in the community. The class is personally taught by expert, Marie Watkinson, LMT who has 30 years in the wellness industry.

You will learn:

- ❖ Sound Meditation with Tibetan Singing Bowls & Gong
- ❖ Breathing Techniques
- ❖ Stress Management Strategies
- ❖ Gentle Stretching & Movement
- ❖ Self-Massage Techniques
- ❖ Well Being Activities
- ❖ And more!

**Fee: \$100 for 45-minute class**

**Classes are open to public serving people of all ages and abilities.**

**Contact us today to learn more!**

**Watkinson Wellness Studio/ Marie Watkinson, LMT**

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