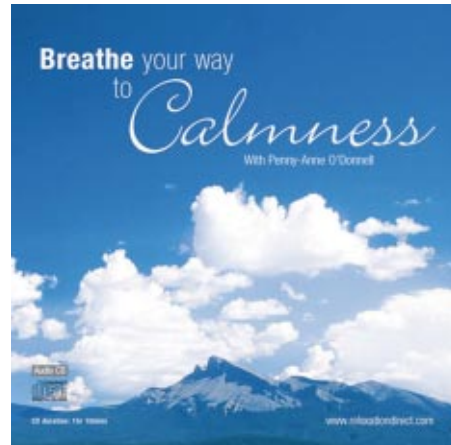


# Relaxation is only a breath away!



**Do you live life to the full and wish you could relax and recharge without stopping?**

**Would you like a better quality sleep, boosted energy and increased mental focus?**

**Do you need to 'de-clutter' your mind, soothe your body and balance your life**

**Well "Breathe your way to calmness" could be just the answer!**

Specialist Speech and Language Therapist Penny Anne O'Donnell has designed an effective breathing programme for people who need to relax but do not have the time.

## "Breathe your way to calmness":

- **Is simple to follow and gets quick results.**
- **Discreetly Calms anxiety in any situation.**
- **Techniques can be used at any time.**
- **Effective for anyone who breathes.**



## "Breathe your way to calmness"

series includes a Video/DVD and CD.

The **Video/DVD** is filmed on location in **Warwickshire**.

It guides through the **breathing programme**; and you meet relaxation novices needing to access calmness for different reasons. Their results are fascinating! "**Breathing convert**" **Gary Newbon**, **Sports Broadcaster**, also shares a few tips.

The **CD** focuses on breathing, and offers relaxation ideas aimed at helping you to "**de-clutter**" your mind, **soothe** your body, and **balance** your life.

**Penny Anne O'Donnell** trained at UCL, and has run her own practice for over a decade. The Government uses her breathing programme for Teachers Voice Training, Relaxed Revision and Stress Management. She also provides in-house training. She was recently a Guest on LBC radio advising on de-stressing Christmas and fearful flying.

**The next breath you take could change the way you breathe and feel forever!**

**For more details contact:**

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**penny-anne@relaxationdirect.com**



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You are invited to

RelaxationDirect Ltd

**"Breathe your way to calmness"  
launch**

**Wednesday 9th March 2005,  
6.45pm**

**CLAVERDON SUITE,  
ARDENCOTE MANOR HOTEL AND COUNTRY CLUB,  
LYE GREEN ROAD, CLAVERDON, WARWICK CV35 8LS.**

***Just think.....***

***The next breath you take could change the way you breathe and feel forever!***

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