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STRESS BURNOUT SUPPORT

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RELAXATIONNONVIOLENCETRAINING.COM/

ONLINE RELAXATION STRESS BURNOUT SUPPORT

28 Day Course Online Class: **Meditation, Mindfulness & Relaxation**

The web-based training program 4 classes, 30-minute periods with support tools for smartphones. Individualized classes delivered by telephone apt. focus on your specific needs and circumstances with a series of relaxation techniques (audios, videos, and music) and workbook support tools for smartphone, PC, and tablet. PractitionerPro® Relaxation Exercises are relatively brief (15 - 20 minutes) targeting to develop self-regulation skills to manage emotions and improve health by promoting self-awareness as it reduces stress. Manage stress, stress disorders, and the pain-anxiety-depression connection with relaxation techniques exercises.

REFERRAL MANAGEMENT AND REGISTER 28-DAY COURSE

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