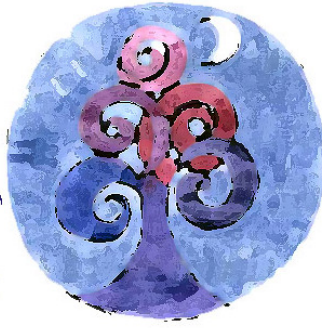


The Spiral Tree



**Balance...Peace...Calm**

## **Meditation & Relaxation Classes**

**For those seeking to quieten the mind  
and learn the art of deep relaxation**

**Meditation allows us to let go of the effects of daily stresses and tension,  
bringing about a sense of deep calm and well being.**

### **Beginners Course**

An indepth introduction to the foundations  
of meditation and relaxation, this 5 week course includes:

**Breathing Techniques**  
**Deep Body Relaxation**  
**Mindfulness Techniques**  
**Grounding + Centering Exercises**  
**Power Words + Affirmations**  
**Guided Meditations + Visualizations**  
(Meditation & Relaxation Manual provided)

**5 week course starts**

**Tuesday 11<sup>th</sup> September**

**5 x 90 min classes ~ Price £75.00**

“Sarah’s Meditation & Relaxation Course equips her students with useful techniques to relieve the effects of stress on body functions. I would have no hesitation in referring patients who would benefit from the use of these therapeutic tools in their daily lives.” *D.H – General Practitioner*

“I just wanted to thank you, the classes have helped me stay calm and put any problems I encounter into perspective. It’s amazing how being in the group for a couple of hours a week can have such dramatic effects on a person’s daily life. It makes you so positive and hopeful.” *C.H – Mature Student*

“I came to Meditation classes primarily to try to relax and reduce my stress levels. The classes have helped me immensely and I am hooked!” *A.B – Senior Corporate Administrator*

“Sarah’s Meditation & Relaxation classes for beginners were like an oasis of calm at the end of a stressful day in the office.” *C.H – Museum Volunteer Manager*

**For further information or to secure a place, please contact Sarah on  
863201 or 07797 796720 e mail: [sarah@thespiraltree.com](mailto:sarah@thespiraltree.com)**

## A Selection of Testimonials

(from past and present students)

“Sarah’s Meditation & Relaxation Course equips her students with useful techniques to relieve the effects of stress on body functions. I would have no hesitation in referring patients who would benefit from the use of these therapeutic tools in their daily lives.”

D.H – General Practitioner

“I came to Meditation classes primarily to try to relax and reduce my stress levels. The classes have helped me immensely and Sarah’s method of guiding you through is firm but unobtrusive. I am hooked!”

A.B – Senior Corporate Administrator

“A perfect solution for executive stress heads, the Meditation & Relaxation Course is a very effective way of lowering your blood pressure when your workload has forced you to breaking point! This is a valid method to cope with the modern problem of stress caused by our hectic lifestyles: give it a go and you won’t be disappointed by the results. I now feel permanently calmer and more able to deal with stressful situations and as a consequence am a much happier human being.”

A.R – Senior Manager

“I joined the Meditation & Relaxation course for 2 reasons: 1) to still my mind 2) to further my self development. Not only did the course still my mind, it also gave me a huge source of energy that I have never felt before. I was unsure how the meditation course would further my self development but it has given me sight of a whole new horizon and lots of new avenues for me to explore. This course was excellent, it has more than fulfilled my 2 objectives and I can’t wait to progress to the next level. Thank you Sarah! “

Sarah Purgal – Teacher

“After a day buzzing with programs and meetings in my head, the Meditation & Relaxation classes certainly bring me back to earth, within 15 minutes I find the calm amongst calamity of life and work. We concentrate so much on professional development, but often forget that being human, we get stressed, which often leads to imbalance in work and life and unhappiness. Learning to relax and being mindful has been the single most benefit, I have learnt to bring me back to myself and find calm and peace within everything I do. The techniques are so subtle, yet so beneficial and encourage you to give a little bit of me time for the benefit of all. Most of all, I have learnt to appreciate more of what I have and find in that a certain happiness and confidence.”

David Ip – Senior Analyst Developer / Director of Own Business

“Thank you for your Meditation course. These weekly sessions have certainly helped me to manage my stress levels. I have also felt more relaxed during your course and more positive. You are a good teacher of what is not always an easy subject and have inspired us your students to pursue the techniques. Focused Relaxation is something I would like to continue for a more balanced lifestyle.”

I.B – Senior Finance Manager

“The course was excellent. I didn’t really know what to expect but it turned out to be fantastic, the perfect remedy to stressful Mondays at work and great tuition on deep body relaxation which is what I was really after. Sarah was wonderful, you couldn’t ask for a better teacher, she provided tonnes of extra material via e-mail and taught the techniques in a very relaxed (no pun intended) and informal way. I can’t wait for the Intermediate level!”

Ollie -Accountant

I had not done Meditation classes before The Spiral Tree and they have helped me to relax and deal with the trials and tribulations of life.”

Eileen – Corporate Director