



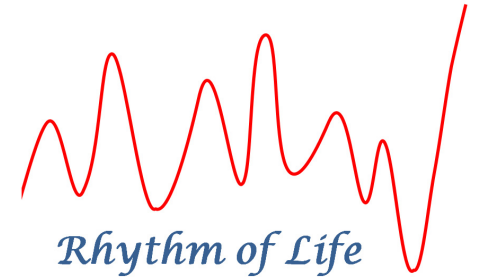
# ambient lounge®

## HEART ZONE

### **10 minute tasters throughout the day – inspire yourself!**

A comfortable and calm environment, sponsored by Ambient Lounge, where you can relax and enjoy some free taster sessions.....

### **LET GO AND MOVE ON**



**Rhythm of Life will guide you through a simple, relaxing, empowering meditation that focuses on a very important person – you!**

A meditation which will help you let go of what is blocking your life, invite new supportive thoughts and feelings; and help to create a vision of a new and positive future.

**TAKE TIME OUT TO REFLECT, REJUVENATE AND RENEW.....ITS YOUR SPACE!**

FREE 10 minute sessions throughout the day - see the Heart Zone board on the day for times

### **Destress and relaxation Yoga techniques – complete beginners welcome!**

**Take 10 minutes out of your day to de-stress and relax – and reap the rewards of a happier mood in the day and a peaceful sleep at night.**

Join Emma Gatsby for 10 minute “De-stress tricks using Yoga” during the day – in the Heart Zone.

FREE 10 minute sessions throughout the day - see the Heart Zone board on the day for times

