



Wellbeing Day

Café Coast, Beach Boulevard AB24 5HP

Sat 3rd September 9.30-4pm

Please Arrive at 9.15 to sign in

Learn a little about our guest speakers here.....



Louise Martin was trained in Mindfulness under the guidance of world renowned experts Rob Nairn and Choden. As part of this training Louise has attended Meditation retreats at Buddhist Centres across Scotland and is in the final year of the Mindfulness Studies Master's Degree at the University of Aberdeen. Louise is a fully qualified mindfulness teacher, having completed a PG Cert and Diploma in Mindfulness Studies at the University of Aberdeen and the Mindfulness Associations Teacher Training Programme. Louise now teaches Mindfulness for the University of St Andrews and runs 8-week courses for both individuals and organisations in private and group settings. After many years working in the field of psychology, Louise was originally drawn to mindfulness not just as a way to manage stress and emotional difficulties but also as a way to live life more fully and happily.



Morgan Windram is co-owner and yoga teacher at yogaontay based in Newport on Tay in Fife.

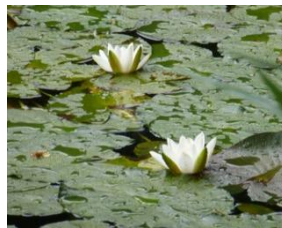
She says, "Yoga taught me how to breathe deep, quiet my mind & listen to my body. Yoga was the final and most crucial step towards my healing from anorexia and excessive exercise.

Today I am a confident, happy and grateful person. I have chosen to follow my dreams rather than the dreams that others have for me. I balance my yoga teaching with parenting my twin daughters. I also remain committed to endurance running as an elite athlete in mountain and ultrarunning. I hope I can teach you how to access your breath, and bring your mind and body back in synch.



Eveline Nicolette has many years experience working with body-mind approaches and the arts, supporting people to reconnect with what matters to them. Her warm and easy-going manner invites people to step into their lives more fully and begin to play with possibilities. She says, “Come along and find out what the Feel Good Factor is for you. Life can sometimes drag us down, and it can be hard to get back on track and feel good about ourselves. “

“Getting creative with others and having fun through movement, art and music can wake up and shake up the Feel Good Factor! “



There will also be 20min taster sessions of complimentary therapies available in the afternoon such as hand/foot/shoulder massage, reflexology and aromatherapy, and also simple file and polish for nails available. These will be free of charge, and bookable earlier in the day on a “first come, first served’ basis.

Refreshments and a light lunch will be provided.

**To register, please use our contact form on
<http://www.needs-scotland.org/contact-us/>**



North East Eating Disorders Support (Scotland)

www.needs-scotland.org

Registered Charity Number SCO43640