



NEUTRAL SPACE RELAXATION®



AN INVITATION TO:

ONE SPECIAL DAY

SEMINAR & 12TH ANNIVERSARY CELEBRATION

Introducing 'Project Relax'



Charmouth, Dorset UK

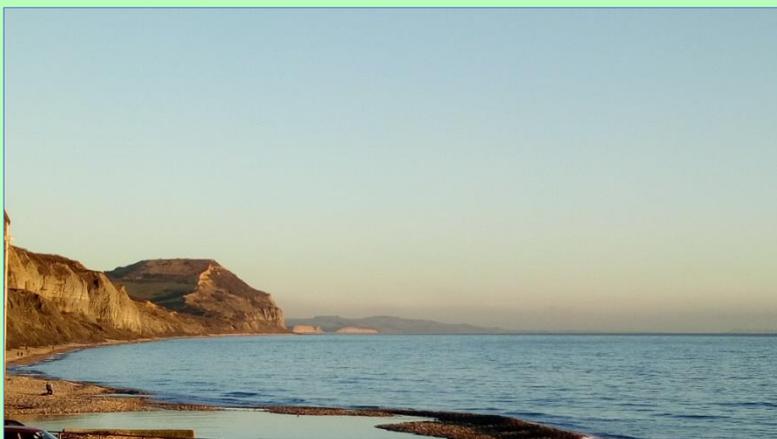
Neutral Space Relaxation®

Wednesday 30th August 2023

12th Anniversary Birthday Celebration + Seminar

“We can choose the heart”

We hope you can join us on this special celebration day, covering 12 years of Neutral Space Relaxation®.



NEUTRAL SPACE RELAXATION®

Celebration Day

The day contains:

- ✓ Seminar Style sharing
- ✓ Neutral 'Heart Space' Meditation and Visualisation
- ✓ Neutral Well-being understanding for your own health
- ✓ Relaxation Bodywork - Giving and receiving – Sharing
- ✓ Neutral Insights / Sharing
- ✓ The Neutral approach to conscious living
- ✓ Refreshments and Light Buffet Lunch included



What is included?

Lunchtime, Light Buffet Lunch. refreshments.

Timings: Arrival 9.30 am Starting 9.45am – Finish 4.30 pm Relaxed.

What is not included?

Your travel to and from the venue in Charmouth, Dorset

Accommodation: Local B & B (AirBnB) surrounding area.

To Book: Call 07780 705684



NEUTRAL SPACE RELAXATION®

Your Facilitators & Presenters for the day

Lyn and Graham Whiteman –

Dip. PT, RPP, RPT + Neutral Space Practitioner / Facilitators

Co-Founders of Neutral Space Relaxation® each with over 20 years' experience with Relaxation Bodywork and Practice Principles.



Our vision for Neutral Space Relaxation®
“...to relax, ...to inspire, ...to enjoy”

NSR is for you, if you are wishing to experience deep Relaxation, stability and balance for you and your clients.

Within courses we deliver the explanation on how we can understand choice, with strategies to make a difference for 'life balance.' Learn how to recognise stress reactions and progress the reactions to responses, allowing the movement away from stress towards relaxation.

Celebrate 12 years with us and go home chilled and deeply relaxed



Neutral Space
The Street, Charmouth,
Bridport, DT6 6PN
07780 705684

****email: info@neutral-space.co.uk**

NSR Learning covers caring individuals like:

Carers, Physical education & Yoga Teachers Reflexologists
Health & Wellbeing, Fitness & Physio Trainers, Massage Practitioners
or non-Practitioners Self Development

With the prerequisite 'NSR Intro Day' for students to attend the follow on certificated Practitioners Course.

NSR Courses on offer:

1 Day - NSR Introduction Day
*Training and guidance through our basic session
(Friends and Family use only)*

3 Day - Practitioner Course+ Case Studies
NSR Professional qualification Relaxation Specialist

Additional Courses with Neutral Space:

3 Day - Advanced Practitioner Course + Case Studies
*To increase the depth of knowledge (energy dynamics) for
relaxation bodywork.*

4 Day - Neutral Principles Diploma - P T EPP Level
+ Case Studies (equiv. 20 Days overall)
The Study of Energy Medicine with Neutral Bodywork

1 Day - NSR Facilitator Support at all levels
*Neutral Bodywork facilitation – Introduction level & up
Start your own training school!*

12 Day - RPP Diploma to include course work + Case studies
(equiv. to RPP 62 days overall – to include A & P)
*Course will cover Therapeutic Bodywork. Advanced postural
dynamics. Health Building. Polarity Exercise In alignment with
UKPTA Training Programme.*