



BODY RELAXATION

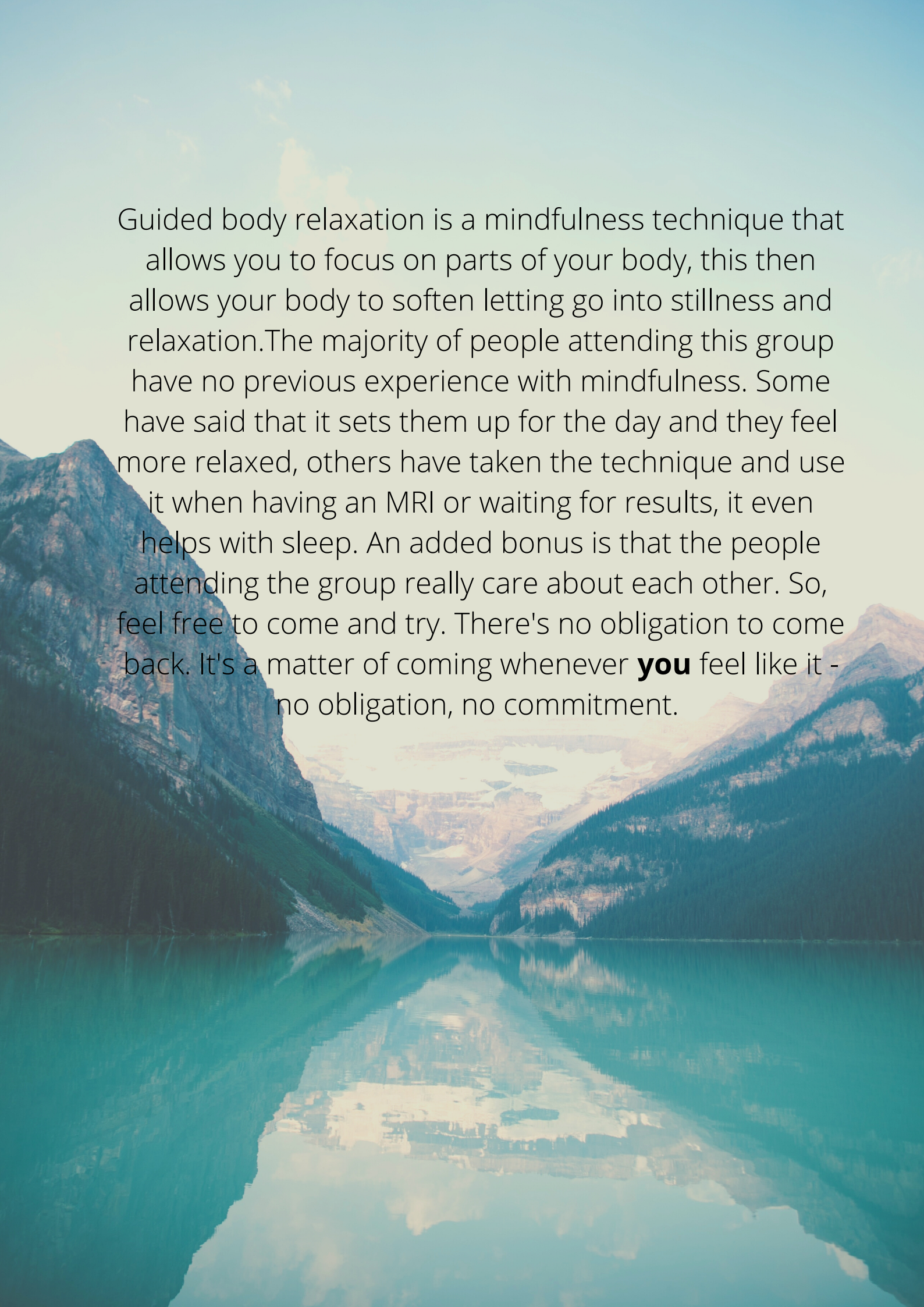
NURTURE YOUR BODY
REST YOUR MIND

*Cancer Patients and their
Families*

COME WHEN YOU CAN
WEDNESDAYS

**10.00am - 11.00 am SPIRITUAL ROOM
ECHUCA REGIONAL HEALTH**

During school terms

A full-page background image of a mountain valley. In the foreground, a calm lake reflects the surrounding landscape. The middle ground shows steep, forested mountainsides leading down to the water. In the background, a wide valley opens up, showing a small town or village nestled between more distant, snow-capped mountain peaks under a clear sky. The overall color palette is dominated by blues, greens, and earthy tones, creating a peaceful and majestic atmosphere.

Guided body relaxation is a mindfulness technique that allows you to focus on parts of your body, this then allows your body to soften letting go into stillness and relaxation. The majority of people attending this group have no previous experience with mindfulness. Some have said that it sets them up for the day and they feel more relaxed, others have taken the technique and use it when having an MRI or waiting for results, it even helps with sleep. An added bonus is that the people attending the group really care about each other. So, feel free to come and try. There's no obligation to come back. It's a matter of coming whenever **you** feel like it - no obligation, no commitment.