



Living Well
North Tyneside
Supporting Health and Wellbeing

Leena Graham - Empowerment Mentor

Holistic therapy that teaches you body and self awareness through discussion, breathing and meditation techniques, touch and Reiki, a hands-on healing modality. Leaving you empowered with tools and insight on how to make positive and meaningful changes in your life.

You can gain: -Better sleep -More energy -More focused -Clear head -Relaxed body -Manage stress better -Feel less anxious -Less emotional and physical pain -No more fear that stops you from doing things you'd like to do -Be more happy -Be You!

1:1 sessions and small groups



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Services

Leena Graham - Empowerment Mentor

Events

No Events

Activities

No Activities
