

Supporting each other and connecting with like-minded people.

My Motivation

In today's world stress has become normalised, and this is having a negative impact on our mental wellbeing.

I hope that my classes may provide helpful techniques to minimise stress and anxiety while building an online and local supportive community.

Beneficiaries

- ♦ I have 13 students in Bexhill.
- ♦ I am building an online community.
- ♦ My social media offers 4 regular posts a day, providing information, inspiration, encouragement, motivation and exercises for anyone who cares to follow.

Achievements

I have amazing feedback on the 12-week course so far, and have received multiple requests for workshops and additional classes.

My students are saying the classes are helping a lot, and they're already noticing an effect in their everyday lives.



Message to the public

Everyone deserves the chance to improve their own mental wellbeing. Aoi Bara Meditation and Wellness hopes we can help guide you along your journey.



AoiBaraMeditation

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